

The Vital Question

7th Edition of 100,000 each.

PUBLISHED BY
THE CEREAL MACHINE COMPANY,
Manufacturers of
SHREDDED WHOLE WHEAT BISCUIT,
GRANULATED WHEAT-SHRED,
WHEAT-SHRED DRINK,
and
WHEAT-SHRED BABY FOOD.

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FISH SANDWICH. RECIPE Nº 255



SLICED TOMATOES ON SHREDDED WHEAT BISCUIT.
RECIPE Nº 56.



POACHED EGG ON SHREDDED WHEAT BISCUIT.
RECIPE Nº 26.



RASPBERRIES IN BISCUIT BASKET.
RECIPE Nº 136.



CREAMED SPINACH ON SHREDDED WHEAT BISCUIT TOAST.
RECIPE Nº 62.



EGG TOAST. RECIPE Nº 28

BREAD WITHOUT FLOUR.

THE WORLD'S BEST TOAST.

Who eats the millions of Shredded Wheat Biscuit that the great plant in Worcester is running day and night to produce?

The answer is that thousands of families eat no other bread, and while the Biscuits are used to

a great extent as a breakfast cereal and as a basis in the preparation of innumerable other dishes, they are also split in halves, slightly toasted and served cold with butter in place of sliced loaf bread.

No yeast germs, no baking powder gases, no greasy shortening, yet a light short bread, and it is already baked.



WHOLE WHEAT A PERFECT FOOD.

The power to succeed comes from living in harmony with natural laws. Of all natural laws none are more disregarded than those in respect to the food we take.

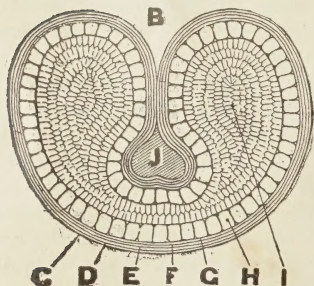
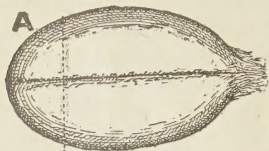
The history of all ages and all countries proves that the strong, womanly women, and the strong, courageous manly men, were best developed during the early periods in the development of the countries when naturally organized food was the diet of the people generally; and that with the progress of time and a supposedly superior dietry came the weaknesses and ills which are so prevalent to-day. Man is built out of the food he eats, and the body can be no better than the material that enters into its construction.

If he eats unnatural food, he becomes unnatural, inharmonious, sickly, and cross; he takes medicine and increases in unnaturalness.

It is natural for man to be strong and vigorous, physically, mentally, morally, and nothing but natural food will make this condition possible.

The most natural food is the food that best nourishes each element of the body in proportion to its natural requirements. The same *Intelligence* that designed man made provision for the material suited to the requirements of the design, among which is the marvelously perfect food product, WHOLE WHEAT.

Whole wheat is a natural food product; it grows from the seed, and in the process of growth extracts from the earth and the air and compounds in Nature's unerring laboratory, the properties, when properly cooked, to make bread, both light and short, without any foreign aid, and exactly suited to thoroughly nourish every element of the body.



Any thinking person can readily see that the American people are handicapped from the start. It has been said that the bolting cloth of the miller will become the shroud of the American people. Let us examine the little wheat kernel as illustrated on this page and see if there be truth in this statement. *A* is the whole wheat kernel. *B* is the kernel cut open

on the dotted line so that we can see the inside of it. The outside line *C* is the first bran coat and does not furnish nutriment to any part of the body, but is necessary as bulk or waste. *D* and *E* contain mineral matter or fixed phosphates, devoted to building the bones and teeth, and nitrogenous matter which enters into the muscles and every tissue of the body. *F* and *G* contain a cerealine substance that gives color and flavor to the wheat, and is a valuable ferment and natural aid to digestion. *H* is the layer of gluten cells—nitrogenous matter, and builds the muscles and all the tissues of the body. *I* is that part of the kernel that contains starch grains intermingled with minute albuminoid cells, constituting the greater part of the kernel, and is the part from which white flour is made. *J* is the germ of the kernel which contains the vital principle and mineral matter, the soluble phosphates that supply vitality and nourish the brain and nerves. The germ, bran coats and a large part of the gluten are removed during the process of making fine white flour;—the gluten is removed because it gives a gray color to the flour, and the bran and germ because they cannot be bolted, the demand being for a fine white flour. Now, if the carbonaceous or starchy property of white flour, which only supplies the heat and energy of the body,

were all that was needed in the wheat, the kernel would have contained no other property; but as the bones, teeth, nerves, brain and muscles are entitled to their proper amount of nourishment, it would seem to indicate that Nature understood our requirements better than man, and we are doing a great wrong when we throw away what has been so wisely and generously provided for our use. In the manufacture of Shredded Whole Wheat Biscuit, the whole wheat is used and retained; and you will see by consulting drawing on preceding page, that every property necessary for building the body is present.

Shredded Whole Wheat Biscuit are the wonder of the age. When you eat them, you secure all the food properties that there are, and all you could get, suited for nutrition, if you ate all the kinds of food in existence. All these properties are in the correct proportions to build and sustain, under normal conditions, all the elements of the body.

Shredded Whole Wheat Biscuit, for the first time, give the people a *whole wheat food* that actually takes the place of starch-made bread and is capable of being used at every meal, in a great variety of ways.

They may take the place of meat, for they contain all the elements of nutrition.

Shredded Whole Wheat Biscuit are easy of digestion, and a favorite with dyspeptics.

They act naturally—do not over-tax digestive organs, because containing the properties originally intended for them.

They have never failed to cure constipation in the most aggravated form. Those who use Shredded Whole Wheat Biscuit properly, require no medicine.

They are the housekeeper's succor, for with them she serves a delightful breakfast, easily, cheaply, quickly, and satisfactorily. She makes a luncheon—incomparably better than anything she has ever tried. She cooks a dinner, with Shredded Wheat as a basis for the various courses, without the common exhaustion. (See menus and recipes on following pages.)

By the use of Shredded Whole Wheat Biscuit, the mother may be certain she is supplying her child with a food that will properly nourish every element of the body. The result will be sound teeth, strong bones, firm flesh, elastic muscles, good nerves, brain power, and the requisite amount of heat and energy—a harmonious development.

HOW SHREDDED WHOLE WHEAT BISCUIT ARE MADE.

CLEANSING The best of wheat is bought directly from farmers, cleansed of chaff, dust, foreign seeds, etc. Then the rock and other substances of greater gravity than the wheat are removed by an ingenious mechanical device. After thorough washing in cold water, the wheat next goes into great wire tumblers which are submerged in large kettles where it remains in and under boiling water until thoroughly cooked, during which time the tumbler has been constantly revolving. The boiling water loosens the woody brush, the fungi and all insect life and eggs, while the constant rapidly revolving motion of the tumbler in the boiling water causes the wheat by abrasion, one grain against another and the whole against the steel wire tumbler, to be thoroughly washed and cleansed and the foreign substances to be carried off into the water. This operation leaves the wheat berry in the whole

FIRST state. This is the first cooking. By further

COOKING agitation out of water, the wheat is prepared for and spouted to the hoppers of the shredding machine.

The shredding machine is one hundred and four feet long, contains thirty-six pairs of shredding rolls each of

which deposits continuously about eighty shreds in a space of four inches wide, and into wooden troughs carried by a belt so that when the troughs have passed under all the rolls the thickness of a biscuit is in the troughs. Continuing, these troughs one against the other, end to end, pass under the knives and the shreds are cut into biscuits three by four inches. Here the

shreds, now in biscuit form, are lifted with
SECOND clean wooden paddles on to wire pans, and
COOKING placed in racks, rolled to the oven and put
in to bake. About thirty minutes in five
hundred and sixty degrees of heat suffice. The ovens
are of the Ferris wheel style and are the largest in the
world. As the shreds are light and porous the high
degree of heat thoroughly bakes them. This is the
second cooking.

Still on the wire pans the biscuit are now returned to
the rack, which holds one hundred and fifty-
THIRD two dozen biscuits, and rolled into a furnace
COOKING of lower degree of heat, where the biscuit
remain from five to six hours. This is the
third and last cooking, and by which processes the
starch in the wheat is rendered soluble, making the same
a proper food for a person with the weakest stomach or
for the hardiest man. After removing from this furnace,

the biscuit still on the pans in the racks are allowed to cool. They are then deposited on metal slides carrying them to the packing table, and here for the first time the hand touches them, but where absolute cleanliness and tidiness are required of the packing girls. The latter place one dozen biscuit in each paper carton, placing an insert of paper between each layer of biscuit. Fifty of these cartons (fifty dozen biscuit) are nailed securely in neat, clean wooden cases, and are then shipped to the wholesale trade—an absolutely clean and perfect food, without an equal.

In the mechanical process of shredding the wheat none of the original elements are lost, and no foreign substance enters into the product. Shredded Whole Wheat Biscuit retain all the original constituents of the wheat berry. They are simply whole wheat, all wheat and nothing but wheat. They are a convenient standard or basic food put up in convenient form. Nothing like them has ever before been produced. They are short without shortening, and light without yeast or other chemical. Thus it is found that the whole wheat is sufficient unto itself when unhampered and the original elements left intact; and in Shredded Whole Wheat Biscuit it finds its fullest expression in nutrient, life-sustaining qualities.

EXPERIENCE PROVES THE THEORY.

Sickness is unnatural—Good Health is every one's birthright—
Natural Food makes possible natural conditions.

"Let every man first become himself that which he teaches others to be:"

Such has been the achievement of Henry D. Perky, Inventor of Shredded Whole Wheat Biscuit, and well-known authority on Dietetics. He is a living example of a perfectly healthy man, and this is what he teaches others may be, if they will use properly cooked, naturally organized food. Mr. Perky teaches that good health is merely a matter of maintaining a proper proportion in the several elements constituting the human body. If this proportion is maintained, it excludes the idea of weaknesses commonly called indigestion, sick headache, rheumatism, and the countless ills borne by those who seemingly know everything but the one vital truth, that the body is built of the food one eats, and that it can be no better nor in any better proportion than the character of this food makes possible.

Of himself Mr. Perky says: "From the most abject physical wreck I have succeeded, by the use of naturally organized food, in reorganizing my body into perfectly healthy conditions. I use no other bread nor cereal

food product than Shredded Whole Wheat Biscuit, and dishes made from these biscuit. I am 55 years of age and feel younger than I did 20 years ago."

Hundreds of letters from Canada to Mexico, California to Egypt and wherever Shredded Whole Wheat Biscuit have found their way, bear willing and unsolicited testimony to the wonderful results attending their use; one from a Providence mother whose little one has just painlessly cut marvelously perfect teeth; and from others whose full hearts have prompted a hearty "God bless the inventor of Shredded Whole Wheat Biscuit."

It would be a pleasure and it would be instructive to here print all of these, but space forbids, and we have selected a few extracts from the number most likely to be of special interest to readers of this publication, as follows:

A NUTRITIOUS FOOD FOR THE STRONG AND HEALTHFUL.

"I have lived upon the Biscuit for nearly six months and find their sustaining power wonderful. I can walk more and exercise longer and with less fatigue than for several years past. I shall have to take the Biscuit with me wherever I go, even to Europe, for having found a perfect food, I shall never be able to live on anything imperfect."—MISS EMILY C. OAKLEY, Philadelphia, Pa.

“We have used Shredded Wheat in our family since it first appeared on the market and find it by far the most satisfactory, as a breakfast cereal, of anything we ever tried. More recently we have been using it as the foundation of many other meals, following the admirable recipes as given in the “VITAL QUESTION,” and the result is not only appetizing, but perceptibly advantageous to the general health of the family. We cannot find language too emphatic to express our high opinion of Shredded Wheat Biscuit as a convenient, economical, and satisfying food.”—W. H. BROCK, Editor *Healthy Home*, Athol, Mass.

“The more I eat it (Shredded Whole Wheat Biscuit), the more the taste for it grows. The matter of eating the kind of food best adapted to nourishing the body as the present tabernacle of the soul is something well worth the attention of the pulpit.” —REV. NAPOLEON S. HOAGLAND, Green Harbor, Mass.

“I enjoyed them (Shredded Whole Wheat Biscuit) up the Nile, in Nice, Montreux, and Paris, and found them good to the last crumb. I use the Biscuit three times a day, and should be very sorry to do without them.”—WM. WATSON, Ph. D., Late Professor Institute Technology, Boston, Mass.

A FOOD FOR INVALIDS.

"I beg to say I received the box of food (Shredded Wheat Biscuit). This is for an invalid, and for the time it has been used it has produced better results than any medicine taken for the past two years."—A. L. HUMPHREY, Colorado Springs, Colo.

"There is no food which equals Shredded Wheat Biscuit. For the sick room it is absolutely indispensable."—MRS. GESINE LEMCKE.

"To my mind, and judging from my own experience, no product of the cereal (wheat) can be compared to 'Shredded Wheat.' In a word, I bear willing testimony to its excellence as a nutritive, both for those of delicate digestion and those in robust health, and I feel sure a fair trial would convince the most skeptical of its value."—SARAH FRANCIS HALL.

WHAT IT DOES FOR INDIGESTION AND CONSTIPATION.

"I have been in constant use of your bread (Shredded Whole Wheat Biscuit) for four months. I cannot speak all that is to be said in its behalf, in this letter. It constitutes at least ninety per cent. of my food. It has cured indigestion and constipation. It seems to satisfy the

appetite and to take the place of meats and other articles of food heretofore used. I believe there is nothing that will equal it for persons inclined to indigestion and constipation.”—I. B. PORTER, Denver, Colo.

“I have been troubled with stomach and bowel trouble all my life, and find that your cereal food (Shredded Whole Wheat Biscuit) does me more good than all the medicine I have ever used.”—C. W. HASCALL, Colorado Springs, Colo.

“I have been employed on the railroad for more than 20 years, and I feel safe in saying that all railroad men will concur with me when I say that the chief evil that befalls men who continuously ride is constipation. Can you find a railroad man in the United States who will say he has not tried almost every remedy prescribed by the school of medicine? Shredded Wheat Biscuit has produced most wonderful results with us—a delicious cereal food that stands at the head of the list.”—AUGUSTUS MURRAY, N. Y. & B. Line.

“Having suffered for about nine years the inexpressible misery of a dyspeptic, and all the time growing worse (notwithstanding the fact that I spent many dollars for patent medicines, etc.) and being, as I thought incurable, I was advised to use Shredded Whole Wheat

Biscuit. I must say I felt like striking the friend who advised me, as he said he could 'Cure' me, but I must 'Stop taking medicine.' Now I have ordered the second case, and am recommending them far and near as the 'Only cure for Dyspepsia' no matter how long standing or what form. You may publish a part or whole of this letter as I am anxious to do something to help alleviate suffering humanity."—J. A. McCONNELL, Sturgeon Falls, Can.

ATHLETES APPRECIATE IT.

Mr. James Ten Eyck, the father and trainer of the now famous "Ned" Ten Eyck, winner of the Diamond Sculls at Henley Royal Regatta, says:—"For good, tough, elastic muscle, and at the same time to keep the body in good condition there is nothing in my judgment equal to Shredded Wheat Biscuit. This food is free from previous fermentation, as found in light breads made from fine flour, which should always be avoided. I am convinced it is a perfect food to train on, and to live largely on before training, instead of any other kind of bread or cereals. I keep 'Shredded Wheat' in my house—would not be without it."

"It (Shredded Whole Wheat Biscuit) is a favorite with our athletes as they consider it highly nutritious

and easily digested and without an equal for giving strength and tone to the system.”—H. J. PEPPER, Steward, N. Y. Athletic Club.

“We always have them (Shredded Whole Wheat Biscuit) with us. Our babies yearn for and thrive upon them. Our athletes dote upon and all like them. The story of their composition and make up will satisfy any physician of their great value.”—DR. B. H. DAGGETT, Buffalo, N. Y.

THE TESTIMONY OF DENTISTS.

“I have given much thought and study to the subject of diet and its effects on the teeth. I believe that Shredded Whole Wheat Biscuit are the best form of food known for building and perpetuating the teeth. They are of the right consistency to give them proper exercise and they contain all the essential properties to retain the strength and usefulness of the teeth.”—DR. C. FRANK BLIVEN, Worcester, Mass.

“I wish to say that I am interested in inducing people to get more of the phosphates into their bones. I am a dentist, seventy years old, and I have seen so many young people with teeth almost as soft as chalk, simply structures of nothing, comparatively speaking. I wish that people could be educated, could learn what to eat.

I think 'Shredded Wheat' comes the nearest of anything to a perfect food."—DR. C. F. BLOOD, New London, Conn.

THE DOCTORS PRESCRIBE IT AND TAKE THEIR OWN MEDICINE.

"I am prescribing your products as well as using them myself."—ALFRED K. HILLS, M. D., Editor New York Medical Times.

"As a digestive, and in case of chronic constipation and dyspepsia, it acts as one of the very best remedies I have ever prescribed."—B. P. ANDERSON, M. D., Colorado Springs, Colo.

"I have used Shredded Wheat Biscuit as a nutritious food in cases of convalescence from acute diseases, also in chronic gastric disturbances and find it valuable as a diet."—W. JOHNSON, M. D., Augusta, Me.

"I have been prescribing the Biscuit in the diet of my private patients as well as in the Clinic at the hospital, with uniformly good results as was to be expected, for, aside from the fact that all of the constituents of the wheat are present, the fact that the starch has been largely made soluble and there are no fermen-

tation germs present, these biscuits are peculiarly suitable for stomachs of feeble digestive power.”—J. D. CRAIG, B. S. M. D., Professor Physiological and Chemistry and Diseases of the Digestive Organs, National Medical College, Chicago, Ill.

“I have used the Shredded Wheat Biscuit in hospital practice and find the results highly satisfactory. They are especially beneficial in cases of indigestion, complicated with constipation.”—ALBERT A. TAFT, M. D., Carney Hospital, Boston, Mass.

AN IDEAL FOOD FOR CHILDREN.

“When my baby, twenty-one months old, was ill with gastric fever this summer, Dr. Eleanor Lownay prescribed your bread (Shredded Whole Wheat Biscuit) as food, and she was able to digest it, and it agreed with her perfectly. So that if a baby’s stomach, weakened by such a disease as the above was able to retain and assimilate it, it speaks volumes in your favor.”—W. WESTON, Mining Engineer, Denver, Col.

“Our little boy suffered greatly from constipation and could obtain no relief until we began using Shredded Wheat. I wish to let parents know this.”—A. H. YODER, Vincennes University, Vincennes, Ind.

"We may be pardoned for our enthusiasm concerning your food product in view of the fact that we have three healthy children, who live practically upon Shredded Wheat Biscuit. The baby is particularly an amiable child, no doubt largely due to the food she subsists upon."—EDWIN B. MAYNARD, Real Estate Broker, Mt. Vernon, N. Y.

"My baby has been fed on nothing but Shredded Wheat Biscuit since he was eight months old, and he has perfect digestion and most beautiful teeth, seventeen of them, and he is only twenty months old. They came through with no disturbance of any kind."—MRS. D. J. HERSEY, Providence, R. I.

"I take pleasure in enclosing you photograph of WINSLOW HALL FRENCH, born October 16, 1897. His mother began eating Shredded Wheat in 1896 and has continued it to the present time. She has nursed the child since birth. The young man has always been perfectly well and here is his photograph taken the day he was three months old, to speak for the nourishing qualities of the diet."—H. A. FRENCH, Worcester, Mass.



MASTER WINSLOW HALL FRENCH.

FOOD VALUES AND COMBINATIONS OF FOOD PRODUCTS.

**To Aid in Securing a Well-balanced Food
For All Conditions.**

In the foregoing pages it will be observed that Shredded Whole Wheat Biscuit are described as a reliable Standard Food. The phosphatic properties—the brain, nerve, bone, and tooth-building material, sometimes called mineral matter, or ash; the nitrogenous properties—the muscle and flesh formers, in the following table under the head of protein; the fat properties—fat formers and heat makers; the carbohydrates or fat and heat-making properties contained in Shredded Whole Wheat Biscuit, as usually served, accompanied with milk, cream, or butter, make them a well-balanced food for all persons under normal conditions.

But in this age the tendency towards specialty work, and the overtaxing and straining of brain, nerve, and muscle, bringing about abnormal conditions, makes it necessary to take notice of the extraordinary waste of tissue incident to such special work. To illustrate: The active lawyer, student, teacher or other professional or business man is taxing his brain and nerve excessively. He needs a greater proportion of phosphatic or brain and nerve-building food, than if otherwise engaged. The laboring man or athlete who is so employed as to use the muscles excessively, requires a greater proportion of the nitrogenous or flesh-forming and muscle making foods, than if engaged as the lawyer, student, etc.

Then again, for those whose bodies seem to lack the necessary amount of heat, or vital energy, the remedy is in using

more of the carbonaceous, or heat and fat making foods. But it should be remembered that the heat and fat making foods cannot be utilized unless the body is nourished properly by the use of a due proportion of nitrogenous and phosphatic foods, they being necessary to secure the harmonious action or operation of the human mechanism.

With Shredded Whole Wheat Biscuit as a basis the following food tables may be used to advantage in making selections of food products with reference to the needs of those for whom the food is provided.

For those who are using the brain excessively, select the foods containing a greater proportion of phosphatic properties (ash).

For those who are using the muscle excessively, select the foods containing a greater proportion of nitrogenous properties (protein).

For those whose bodies require more heat and fat, select food containing a greater proportion of the carbonaceous properties (fat and carbohydrates); but in each instance hold fast to your standard food, Shredded Whole Wheat Biscuit, only changing its proportions to suit conditions, and thus avoid a one-sided diet.

In presenting the following table of food values, a selection of food products, most common in use, was made from Bulletin No. 28, U. S. Department of Agriculture, showing the chemical composition of American food material, by W. O. Atwater, Ph. D., and Chas. D. Woods, B. S.

It will be noted that the hog and white flour, two staples, and other excessively starchy foods, are omitted from this table.

COMPOSITION OF AMERICAN FOOD PRODUCTS.

	REFUSE.	WATER.	PROTEIN. (Flesh Formers.)	FAT. (Fat and Heat Makers.)	CARBOHYDRATES. (Fat and Heat Makers.)	ASH. (Brain, nerve, bone & tooth builders.)	FUEL VALUE PER POUND.
ANIMAL FOOD.							
<i>Beef, fresh.</i>	Pr. ct.	Pr. ct.	Pr. ct.	Pr. ct.	Pr. ct.	Pr. ct.	Calo- ries.*
Chuck, including shoulder (medium fat). †	17.0	56.3	15.7	10.2		.8	720
Chuck ribs (medium fat).	13.8	49.3	15.0	21.1		.8	1,170
Loin, sirloin butt . .		62.5	18.9	17.7		.9	1,100
Top of sirloin (me- dium fat)	3.2	40.9	12.9	42.3		.7	2,025
Neck (medium fat). .	27.6	45.9	13.9	11.9		.7	760
Ribs (medium fat). .	20.8	43.8	13.4	21.3		.7	1,150
Round (lean).	8.8	64.2	18.9	7.1		1.0	650
" (medium fat).. .	7.7	60.7	18.1	12.6		.9	870
" steak, second cut (medium fat).. .	32.1	47.2	14.0	5.8		.9	505
Rump (medium fat)..	21.4	44.5	13.2	20.2		.7	1,095
Shoulder clod (me- dium fat).	16.4	56.8	11.1	9.8		.9	715
Fore quarter (me- dium fat).	19.3	48.6	14.1	17.3		.7	990

*A calorie is a mechanical unit of heat. Four thousand calories, it is estimated, are necessary for a man at moderately active work for one day.

†In proportion to the decrease of fat or heat makers in meat, the flesh and muscle making properties, or protein, increase; and likewise as the fat increases, the flesh or muscle making properties decrease.

	REFUSE.	WATER.	PROTEIN. (Flesh Formers.)	FAT. (Fat and Heat Makers.)	CARBOHYDRATES. (Fat and Heat Makers.)	ASH. (Brain, nerve, bone & tooth builders.)	FUEL VALUE PER POUND.
ANIMAL FOOD.							
<i>Beef, fresh.—Con- tinued.</i>	Pr. ct.	Pr. ct.	Pr. ct.	Pr. ct.	Pr. ct.	Pr. ct.	Calo- ries
Hind quarter (me- dium fat)	16.4	50.4	14.9	17.5		.8	1,015
Side	18.3	50.4	14.6	16.0		.7	945
<i>Beef, canned.</i>							
Dried		44.8	38.6	5.4		11.2	950
<i>Beef, corned & pickled.</i>							
Flank, corned	12.1	43.0	12.4	29.2		2.6	1,465
Rump, corned	6.0	54.5	14.4	22.0		3.1	1,195
<i>Veal, fresh.</i>							
Leg (medium fat) . .	15.6	59.4	16.9	7.2		.9	620
Leg cutlets	4.0	65.6	20.0	9.5		.9	775
Loin (medium fat) . .	17.3	57.2	16.0	8.6		.9	660
Shoulder	16.6	57.2	16.6	8.7		.9	675
Side, without kidney and tallow	19.3	47.0	14.2	18.7		.8	1,055
<i>Mutton, fresh.</i>							
Leg (medium fat) . .	18.0	51.4	14.9	14.9		.8	905
Loin (without kidney and tallow, medium fat)	15.3	42.2	13.2	28.6		.7	1,450
Shoulder (medium fat)	21.7	48.5	13.5	15.6		.7	910
Fore quarter	21.1	40.6	11.9	25.7		.7	1,305

	REFUSE.	WATER.	PROTEIN. (Flesh Formers.)	FAT. (Fat and Heat Makers.)	CARBOHYDRATES. (Fat and Heat Makers.)	ASH. (Brain, nerve, bone & tooth builders)	FUEL VALUE PER POUND.
ANIMAL FOOD.							
<i>Mutton, fresh.—Continued.</i>	Pr. ct.	Pr. ct.	Pr. ct.	Pr. ct.	Pr. ct.	Pr. ct.	Calo- ries.
Hind quarter, with- out tallow and kid- ney.	16.7	45.6	13.5	23.5		.7	1,245
Side, not including tallow	19.0	43.0	12.7	24.6		.7	1,275
<i>Poultry and game, fresh.</i>							
Chicken	34.8	48.5	14.8	1.1		.8	325
Fowl	30.0	45.6	13.4	10.2		.8	680
Goose.	22.2	33.1	10.3	33.8		.6	1,620
Turkey	22.7	42.4	15.7	18.4		.8	1,070
<i>Fish.</i>							
Bluefish, entrails re- moved.	48.6	40.3	9.8	.6		.7	205
Cod, whole.	52.5	38.7	8.0	2		.6	155
Eels, salt water, dressed	20.2	57.2	14.6	7.2		.8	575
Flounder, whole . .	61.5	32.1	5.6	.3		.5	115
Haddock, entrails re- moved.	51.0	40.0	8.2	.2		6.	160
Halibut, steaks or sections	17.7	61.9	15.1	4.4		.9	465
Herring, whole . .	42.6	41.7	10.9	3.9		.9	370
Mackerel, whole . .	44.6	40.4	10.0	4.3		.7	370

	REFUSE.	WATER.	PROTEIN. (Flesh Formers.)	FAT. (Fat and Heat Makers.)	CARBOHYDRATES. (Fat and Heat Makers.)	ASH. (Brain, nerve, bone & tooth builders.)	FUEL VALUE PER POUND.
ANIMAL FOOD.							
<i>Fish, Continued.</i>	Pr. ct.	Pr. ct.	Pr. ct.	Pr. ct.	Pr. ct.	Pr. ct.	Calo- ries.
Perch, white, whole.	62.5	28.4	7.2	1.5		.4	195
Pickarel (pike) en- traills removed, as purchased	42.7	45.7	10.7	.3		.6	210
Salmon, whole . . .	39.2	39.4	12.4	8.1		.9	570
Shad, whole	50.1	35.2	9.2	4.8		.7	375
Smelt, whole	41.9	46.1	10.0	1.0		1.0	230
Trout, brook, whole	48.1	40.4	9.8	1.1		.6	230
Turbot, whole . . .	47.7	37.3	6.8	7.5		.7	440
<i>Fish, preserved and canned.</i>							
Cod, salt	24.9	40.3	16.0	.4		18.4	315
Cod, boneless salt, as purchased		54.4	22.2	.3		23.1	425
Haddock, smoked .	32.2	49.2	16.1	.1		2.4	305
Haddock, smoked, canned, cooked, as purchased		68.7	21.8	2.3		7.2	505
Halibut, smoked . .	7.0	46.0	19.1	14.0		13.9	945
Herring, smoked . .	44.4	19.2	20.2	8.8		7.4	745
Mackerel, salt, dressed	19.7	34.8	13.9	21.2		10.4	1,150
Mackerel, salt, canned in oil . . .	31.5	39.9	15.0	9.7	1.1	2.8	710
Salmon, canned . .	14.2	56.8	19.5	7.5		2.0	680
Sardines, canned . .	5.0	53.6	24.0	12.1		5.3	955

	REFUSE.	WATER.	PROTEIN. (Flesh Formers.)	FAT. (Fat and Heat Makers.)	CARBOHYDRATES. (Fat and Heat Makers.)	ASH. (Brain, nerve, bone & tooth builders)	FUEL VALUE PER POUND.
ANIMAL FOOD.							
<i>Shellfish, etc., fresh.</i>	Pr. ct.	Pr. ct.	Pr. ct.	Pr. ct.	Pr. ct.	Pr. ct.	Calo- ries.
Clams, long, in shell	41.9	49.9	5.0	.6	1.1	1.5	140
Clams, round, from shell, as purchased		80.8	10.6	1.1	5.2	2.3	340
Lobster, whole . .	61.7	30.7	5.9	.7	.2	.8	145
Oysters in the shell	81.4	16.1	1.2	.2	.7	.4	45
Scallops, as pur- chased		80.3	14.8	.1	3.4	1.4	345
Shrimps, as pur- chased		70.8	25.4	1.0	.2	2.6	520
<i>Eggs.</i>							
Hens' eggs	10.5	66.0	13.1	9.5		.9	645
<i>Dairy products, etc.</i>							
Butter . . . : . . .				82.4			3,475
Whole milk		87.0	3.3	4.0	5.0	.7	325
Skim milk		90.5	3.4	.3	5.1	.7	170
Buttermilk		91.0	3.0	.5	4.8	.7	165
Condensed milk . .		30.5	8.2	7.1	52.3	1.9	1,425
Cream		74.0	2.5	18.5	4.5	.5	910
Cheese :							
American pale . .		31.6	28.8	36.2		3.4	2,060
American red . .		28.6	29.6	38.3		3.5	2,165
Brie		60.2	15.9	21.0	1.4	1.5	1,210
Pineapple		23.0	29.9	38.9	2.6	5.6	2,245
Roquefort		39.3	22.6	29.5	1.8	6.8	1,700

	REFUSE.	WATER.	PROTEIN. (Flesh Formers.)	FAT. (Fat and Heat Makers.)	CARBOHYDRATES. (Fat and Heat Makers.)	ASH. (Brain, nerve, bone & tooth builders.)	FUEL VALUE PER POUND.
ANIMAL FOOD.							
<i>Dairy products.—Continued.</i>	Pr. ct.	Pr. ct.	Pr. ct.	Pr. ct.	Pr. ct.	Pr. ct.	Calo- ries.
Whole milk (American)		33.7	26.0	34.2	2.3	3.3	1,965
Skim milk (American)		45.7	31.5	16.4	2.2	4.2	1,320
<i>Miscellaneous.</i>							
Gelatine		13.6	84.2	.1		2.1	1,570
VEGETABLE FOOD.							
<i>Meals, etc.</i>							
Macaroni and vermicelli		10.8	11.7	1.6	72.9	3.0	1,640
<i>Other meals, etc.</i>							
Barley, pearled		10.8	9.3	1.0	77.6	1.3	1,660
Corn meal, bolted		12.9	8.9	2.2	75.1	.9	1,655
Corn, hominy		11.9	8.2	.6	78.9	.4	1,645
Corn, pop, popped		4.3	10.7	5.0	78.7	1.3	1,875
Rice		12.4	7.8	.4	79.0	.4	1,630
<i>Sugars.</i>							
Honey, strained					75.1		1,395
Molasses	25.7		2.7		68.0	3 6	1,315
Sugar, granulated					100.0		1,860
Sugar, maple					82.8		1,540
Syrup, maple					70.1		1,305

	REFUSE.	WATER.	PROTEIN. (Flesh Formers.)	FAT. (Fat and Heat Makers.)	CARBOHYDRATES. (Fat and Heat Makers.)	ASH. (Brain, nerve, bone & tooth builders.)	FUEL VALUE PER POUND.
VEGETABLE FOOD.	Pr. ct.	Pr. ct.	Pr. ct.	Pr. ct.	Pr. ct.	Pr. ct.	Calo- ries.
<i>Vegetables.</i>							
Asparagus, as purchased		94.0	1.8	.2	3.3	7.	105
Beans, dried, as purchased		13.2	22.3	1.8	59.1	3.6	1,590
Beans, Lima, dried, as purchased		11.1	15.9	1.8	67.1	4.1	1,620
Beans, String, as purchased		87.3	2.2	.4	9.4	.7	235
Beets	20.0	70.0	1.3	.1	7.7	.9	170
Brussels sprouts	15.0	75.0	4.0	.9	3.7	1.4	180
Cabbage	15.0	76.8	1.8	.3	4.9	1.2	140
Carrots	20.0	70.5	.9	.3	7.4	.9	170
Cauliflower, head		90.8	1.6	.8	6.0	.8	175
Celery, as purchased		94.4	1.4	.1	3.0	1.1	85
Corn, green (sweet), edible portion		81.3	2.8	1.1	14.1	.7	360
Cucumbers	15.0	81.6	.7	.2	2.1	.4	60
Eggplant, as purchased		92.9	1.2	.3	5.1	.5	130
Greens, as purchased		82.9	3.8	.9	8.9	3.5	275
Leeks	15.0	78.0	1.0	.4	5.0	.6	130
Lentils, as purchased		10.7	26.0	1.5	58.6	3.2	1,635
Lettuce	18.0	77.1	1.1	.3	2.7	.8	85
Onions	10.0	78.6	1.5	.4	8.9	.6	210
Parsnips	20.0	63.9	1.3	.5	12.9	1.4	285
Peas, dried, as purchased		10.8	24.1	1.1	61.5	61.5	1,640

	REFUSK.	WATER.	PROTEIN. (Flesh Formers.)	FAT. (Fat and Heat Makers.)	CARBOHYDRATES (Fat and Heat Makers.)	ASH. (Brain, nerve, bone & tooth builders.)	FUEL VALUE PER POUND.
VEGETABLE FOOD.							
<i>Peas.—Continued.</i>	Pr. ct.	Pr. ct.	Pr. ct.	Pr. ct.	Pr. ct.	Pr. ct.	Calo- ries.
Peas, green	50.0	39.0	2.2	.3	8.0	.5	200
Peas, sugar, green, as purchased. . .		81.8	3.4	.4	13.7	.7	335
Potatoes, boiled, as purchased . . .		73.7	2.7	.2	22.3	1.1	475
Potatoes, sweet . .	15.0	58.9	1.5	.6	23.1	.9	480
Spinach, as pur- chased		92.4	2.1	.5	3.1	1.9	120
Tomatoes, as pur- chased		94.4	.8	.4	3.9	.5	105
Turnips, as purch's'd.	30.0	62.2	1.0	.1	6.1	.6	135
<i>Fruit, Berries, etc. fresh.</i>							
Apples	25.0	61.5	.4	.4	12.4	.3	255
Bananas, yellow . .	40.0	44.5	.7	.5	13.7	.6	290
Blackberries, as pur- chased		88.9	.9	2.1	7.5	.6	245
Figs, fresh, as pur- chased		79.1	1.5		18.8	.6	380
Grapes	25.0	59.1	1.0	1.3	13.3	.3	320
Oranges	27.0	64.5	.6	.4	7.1	.4	160
Pears	25.0	62.9	.5	.6	10.6	.4	235
Pineapples, edible portion		89.3	.4	.3	9.7	.3	200
Prunes, fresh . . .	5.8	75.6	.7		17.4	.5	335
Raspberries, as pur- chased		85.8	1.0		12.6	.6	255
Strawberries . . .	10.0	81.8	.9	.6	6.1	.6	155

	REFUSE.	WATER.	PROTEIN. (Flesh Formers.)	FAT. (Fat and Heat Makers.)	CARBOHYDRATES (Fat and Heat Makers.)	ASH. (Brain, nerve, bone & tooth builders.)	FUEL VALUE PER POUND.
VEGETABLE FOOD.							
<i>Fruit, Dried.</i>	Pr. ct.	Pr. ct.	Pr. ct.	Pr. ct.	Pr. ct.	Pr. ct.	Calo- ries.
Apricots, dried as purchased . . .		32.4	2.9		63.3	1.4	1,230
Dates, dried . . .	12.0	18.3	1.9	4.5	61.9	1.4	1,375
Figs, dried as pur- chased		22.5	5.1		70.0	2.4	1,395
Prunes, dried . . .	15.0	22.4	2.0	.7	58.6	1.3	1,155
Raisins, as purchased		14.0	2.5	4.7	74.6	4.1	1,635
<i>Fruit, canned.</i>							
Pineapples, as pur- chased		61.8	.4	.7	36.4	.7	715
<i>Nuts.</i>							
Cocoanut, prepared as purchased . .		3.5	6.3	57.4	31.5	1.3	3,125
Peanuts	33.0	6.3	17.3	25.9	16.3	1.3	1,718
<i>Miscellaneous.</i>							
Chocolate		10.3	12.5	47.1	26.8	3.3	2,720
Cocoa		4.6	21.6	28.9	37.7	7.2	2,320

	WATER.	PROTEIN. (Flesh Formers.)	FAT. (Fat and Heat Makers.)	CARBOHYDRATES. (Fat and Heat Makers.)	ASH. (Brain, nerve, bone & tooth builders)	
By Church, F. R. S. .		Albu- min- oids.	Oil.	Muci- lage.	Cel- lu- lose.	Min- eral Mat- ter.
Almonds	6.0	25.	54.	8.0	3.0	3.0
				Di- ges- tible.	Indi- ges- tible.	Am- ids.
Mushrooms	90.	3.0	0.5	2.1	1.7	2.0
						Min- eral Mat- ter.
						0.7

The following table will show the relation between Shredded Whole Wheat Biscuit and Typical Wheat as set forth in Bulletin, No. 46.

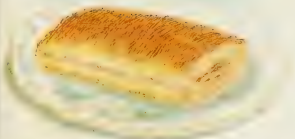
	Shredded Whole Wheat Biscuit Per cent.	Typical Wheat Per cent.
Moisture	10.57	10.60
Ether Extract	1.03	1.75
Fibre	2.58	2.40
Ash	2.65	1.75
Proteins	12.06	12.25
Soluble Starch and other Carbohydrates	71.11	71.25

From the above data it will be observed that there is a remarkable agreement between Shredded Whole Wheat Biscuit and Whole Wheat, the nutritive value remaining the same; the changes in properties being due alone to the heat which they, the Biscuit, are subjected to in the process of manufacture. Whole Wheat is recognized by all noted authorities on the subject as the best of foods for man; and these opinions are supported by the experience of all civilization.

MEATY WORDS.

A MERE indigestion can temporarily metamorphose the character. The eel stews of Mohammed II., kept the whole empire in a state of nervous excitement, and one of the meat-pies which King Philip failed to digest caused the revolt of the Netherlands.—*Oswald.*

PRACTICAL, right and good conduct are much more dependent on health of body than on health of mind.—*Prof. Schneider.*



SHREDDED WHEAT BISCUIT-PLAIN.

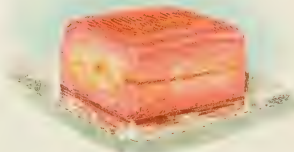


SHREDDED WHEAT FISH CHOPS
RECIPE N° 16.



MUSHROOMS IN SHREDDED WHEAT
BISCUIT BASKETS

RECIPE N° 65



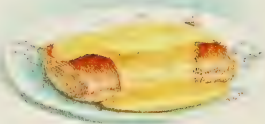
JELLIED APPLE SANDWICH.
RECIPE N° 249.



SHREDDED WHEAT FIG PIE.
RECIPE N° 121.



SHREDDED WHEAT FISH BALLS.
RECIPE N° 18.



WELSH RAREBIT. RECIPE NO 50



SHREDDED WHEAT BISCUIT STEAMED FRUIT PUDDING
RECIPE NO 78.



SHREDDED WHEAT BISCUIT BROWN BREAD.
RECIPE NO 123



OYSTER PATTIES. RECIPE NO 42.



SPINACH SALAD. RECIPE NO 227



FIG LOAF. RECIPE NO 141.

A DAY'S MENU.

BREAKFAST.

Recipe.

- No. 1. Shredded Wheat Biscuit with Cream.
No. 18. Shredded Wheat Fish Balls.
Wheat-Shred Drink.
-

LUNCHEON.

- No. 2. Shredded Wheat Biscuit and Butter.
No. 28. Egg Toast.
No. 118. Strawberry Short Cake.
Wheat-Shred Drink.
-

DINNER.

- No. 8. Cream of Asparagus Soup, a la Shredded Wheat.
No. 16. Fish Chops.
No. 65. Mushrooms in Shredded Wheat Biscuit Baskets.
No. 62. Creamed Spinach on Shredded Wheat Biscuit Toast.
No. 82. Chocolate Jelly.
Wheat-Shred Drink.

A NOON LUNCH.

Fish Chops, Biscuit and Butter.

Mushrooms in Shredded Wheat Biscuit Baskets.

Cheese Ramakins. Prune Pie.

Wheat-Shred Drink.

SPECIAL OCCASIONS.

MENU.

SOUP.

Cream of Asparagus, a la S. W. B.*

FISH.

Salmon Chops, a la S. W. B.*

Tomato Catsup. Shredded Wheat Biscuit and Butter.

Mushrooms in S. W. B.* Baskets.

Cream Spinach on S. W. B.* Half Shell.

Escalloped Celery, a la S. W. B.*

Olives. Pickles.

Tomato Salad, a la S. W. B.*

Chocolate Jelly, a la S. W. B.*

Welsh Rarebit on S. W. B.* Wheat-Shred Drink.

FRUIT.

*Shredded Wheat Biscuit.

Cereal Course Dinner, Ministerial Union, Worcester, Mass.

February 22d, 1897.

MENU.

Cream of Asparagus Soup a la S. W. B.

S. W. B. Croutons.

Fish Chops.

S. W. Biscuit and Butter.

Creamed Spinach on S. W. B. Half Shell.

Welsh Rarebit.

Salad. Hot Apple Pie. Strawberry Short Cake.

S. W. Ice Cream. Wheat-Shred Drink.

The Worcester High School Athletic Association.

April 10th, 1897.

MENU.

Vegetable Consommé. Celery. S. W. B. Croutons.

Fricassee of Chicken on S. W. B. Toast.

Hot Brown Bread.

Creamed Spinach on S. W. B. Toast.

Jellied Apple Sandwich. Cheese—S. W. B. Toast.

Wheat-Shred Drink. Fruit. Nuts.

Tatnuck Farmer's Club, January 20, 1899.

MENU.

Cream of Asparagus Soup.

Croutons.

Olives.

Fish Chops.

Stuffed Tomatoes.

Hot Brown Bread.

Mushrooms in Biscuit Baskets.

Fricassee of Chicken or S. W. B. Toast.

Orange Ice.

Potato Croquettes.

Vegetable Salad.

Cheese Sticks.

Steamed Fruit Pudding

Hard Sauce.

Jellied Apple Sandwich.

Wheat-Shred Drink.

Fruit.

Almonds.

S. W. B. Toast.

Cream Cheese.

*Wholesale Grocer's Association of Southern New England,
April 20th, 1898.*

SUGGESTIONS AND RECIPES

BY

MRS. HARRIET A. HIGBEE,

Principal Oread Institute,

Formerly The New Era Cooking School.

SUGGESTIONS.

In all recipes calling for flour, Entire Wheat Flour is used.

MEASURING.—Where the quantity of rolled and sifted Biscuit is given, a tin measuring cup holding $\frac{1}{2}$ pint is used, and the crumbs are measured light like flour. Liquids measured by the cupful, means all the cup will hold. A spoonful of liquid is all that the spoon will hold. Flour, butter, spices, seasonings, salt, and other solids are measured level. To measure a level spoonful, dip the spoon into the dry material, taking up a heaping spoonful, and level off with a knife. Any part of a spoonful may be obtained by cutting lengthwise of the spoon for the half, and crosswise the half for the quarter.

A tablespoon of butter melted is measured before it is melted.

A tablespoon of melted butter is measured after it is melted.

A cup of cream whipped is measured before it is whipped.

A cup of whipped cream is measured after it is whipped.

$\frac{1}{2}$ cup of butter	. . .	equals $\frac{1}{4}$ pound.
2 level tablespoons butter	. . .	" 1 ounce.
4 level tablespoons flour	. . .	" 1 ounce.
16 tablespoons liquid	. . .	" 1 cup.
4 saltspoons	. . .	" 1 teaspoon.
4 teaspoons	. . .	" 1 tablespoon.
12 tablespoons (dry material)	. . .	" 1 cupful.
4 cupsful (flour)	. . .	" 1 pound.
1 cupful granulated sugar	. . .	" $\frac{1}{2}$ pound.

Always sift flour, powdered sugar, spices, salt, mustard, baking powder, and soda before measuring, as much more than the quantity called for will be used if measured in a solid state as found in the original package.

In all recipes where rolled and sifted Shredded Wheat Biscuit are used, the Granulated Wheat-Shred, now

upon the market may be substituted, measuring in the following manner:

4 Biscuit = 1 measuring cup full or $\frac{1}{2}$ pint.

1 " = $\frac{1}{4}$ " " "

MIXING:—To stir, is to mix materials by stirring round and round, increasing the circle and to blend the material.

To beat, is to mix over and over, letting the bowl of the spoon touch the bottom of the mixing bowl, and carrying the mixture across to opposite side and repeat so as to incorporate all the air-cells possible into the mixture.

To fold and cut, is to turn the mixture over, cut down, and lift up, folding the mixture so as to just blend the material, but not break the air-cells.

A good thing to remember in making custards is that over-cooking causes a separation; unless too far gone the smoothness may be restored with a Dover egg-beater or by pouring from one pitcher to another. Soft custards should be made in double boiler. Baked custards should be placed in pan of hot water while in the oven. In making jellies or dressing, where the beaten eggs are added to a hot mixture, always turn the mixture on to the eggs, beating rapidly. This prevents the curdling so often found in jellies and cooked dressing.

EGGS:—Soft cooked—Put the eggs in cold water and bring to 175° Fahrenheit, let them stand from 6 to 8 minutes. Hard cooked—Put in cold water, bring to 175°F. then set back from the fire and keep hot forty-five minutes. Cooked in this way, the albumen is reduced to a jelly-like substance, easy of digestion, and the yolks are dry and mealy. When the water is allowed to boil, the egg is tough, horny, and indigestible. Poached—Put in water of 132° to 160° temperature, having water enough to cover the eggs; as soon as a film is formed over the yolk and the white is set and jelly-like, remove from water and serve at once. Scrambled—Cook over boiling water, breaking into large curds as they cook. Break eggs by one quick stroke on the side of the cup. If white is clear the egg is good. To beat eggs separately, means to beat the yolks and whites separately. The yolks of eggs may be kept fresh by covering them with cold water till needed. If kept longer than a day or two, change the water.

VEGETABLES:—When part of an onion has been used it is more profitable to throw the remaining part away, unless you wrap it in paper, as a cut onion is a natural disinfectant, absorbing all that can be drawn from its surroundings, thus making itself unfit for use.

Never use a wooden spoon for stirring anything flavored with onions, as wood absorbs the flavor of the onion and for some time after whatever the spoon is used for will be flavored with onion.

Cook all summer and above-ground vegetables in salted boiling water, all winter and underground vegetables in unsalted water, adding the salt when seasoning for the table.

Core apples before paring; they are less likely to break. Apples should be pared narrow and thin. A broad paring causes much waste because of the rounding surface of the apple.

MILK:—Heat milk for jellies, sauces, custards, etc., in double boiler covered; it prevents the casein from rising to top, forming a crust.

SAUCES:—For white, cream, and meat sauces, blend the butter and flour in sauce-pan, first melting butter, but do not heat to frying point, then add flour; stir till well mixed, then add liquid little at a time, stir constantly but slowly till thick and smooth.

FRYING:—All recipes where the food is fried call for deep fat (enough to cover the articles to be fried), as this is by far the most healthful manner of frying, a crust being formed at once, thus preventing the absorption of the fat. When the fat will brown a piece of

bread at once, it is hot enough. Only fry a little at a time, as too much reduces the temperature of the fat rapidly. Always allow the fat to reheat before frying the second lot.

In all recipes calling for frying in deep fat, Nut Coa is used.

GRANULATED WHEAT-SHRED A TIME SAVER.

Since these recipes were written, Granulated Wheat-Shred has been put upon the market in packages, and will be found more convenient and economical than the Biscuit to use where crumbs are required. Granulated Wheat-Shred is far superior for crumbing fish balls, chops, croquettes, oysters, etc., and for stuffing and for all dishes where crumbs are used, such as escaloped oysters, soufflés, etc., to the ordinary bread or cracker crumbs.

TO FILLET A FISH:—Lay the fish on its side on a board and with thin, sharp knife remove the fins; then loosen the skin around the long part of the gills and strip it off toward the tail; then cut each side of the backbone, working as close to the bone as possible till the flesh is free. Then divide into strips two inches wide and seven inches long. These may be fried or broiled plain, or stuffed and rolled (fastening with little wooden skewers), and fried in deep fat.

RECIPES.

To accommodate those who do not believe in the use of salt or prefer a very little, no salt is now used in making Shredded Whole Wheat Biscuit. Those who relish or feel that they require salt may add to taste.

1 Biscuit With Milk or Cream, Served Warm. Hold the Biscuit between thumb and second finger, and, with bottom side down, dip it quickly in cold milk, then hold it perpendicularly until the milk drains off. Lay the Biscuit in a buttered pan, cover, and put in a hot oven from three to five minutes. Remove with pan-cake turner to a warm plate, and serve with cream and sugar, if preferred, or with butter, or syrup. If it is desired to serve the Biscuit cold, after dipping in cold milk as above, let set from three to five minutes, and serve with top dressing of cream or milk, sugar to taste.

2 Shredded Wheat Biscuit and Butter. Dip the Biscuit (as many as people to serve) quickly in cold water or milk. Drain as much as possible. Place in buttered pan. Cover and put in oven till heated (five minutes). Remove to warm plates and serve with butter, in place of muffins, gems, or bread. **To Serve Dry.** Split the Biscuit lengthwise into halves and serve with butter, in place of bread. For any one preferring toast, place in pan in hot oven, for two or three minutes, or toast over coals till a light brown. Toasting is preferable even when they are to be served cold.

3 Shredded Wheat Biscuit Pan-cakes. Three eggs, 1½ pints milk, 4 Shredded Wheat Biscuit rolled and sifted, or 1 cup Granulated Wheat-Shred, 1 cup Entire Wheat Flour, 1 tea-

spoon salt. Beat the eggs very light, add salt, crumbs, and flour. Mix well and add the milk a little at a time, beat well. Bake on hot griddle, serve with butter and powdered sugar, or maple syrup.

4 German Toast. One pint milk, 3 eggs beaten light, salt to taste, 6 Shredded Wheat Biscuit. Mix milk, eggs, and salt together; dip the Biscuit separately and cook on a hot buttered griddle until a light brown on both sides. Serve plain or with powdered sugar.

5 Cream Toast. One quart milk, 1 teaspoon salt, 6 Shredded Wheat Biscuit, 4 tablespoons Entire Wheat Flour, 1 tablespoon butter, salt to taste. Put the milk to scald, covered. When scalded, add the flour, blended with a little of the cold milk, stir it slowly, cooking till smooth and thick, then add butter and set back from fire, but keep hot. Split the Biscuit lengthwise, toast a light brown. Turn the cream sauce into a deep dish and send to the table with toasted Biscuit to be prepared there.

6 Shredded Wheat Biscuit Gruel. One pint water, $\frac{1}{4}$ teaspoon salt, 1 Shredded Wheat Biscuit, 1 cup milk. Bring water to a boil, add salt and Shredded Wheat Biscuit, cook 20 minutes, stirring occasionally to prevent scorching. Then add the milk, let it heat, and, if for an infant or small child, strain.

7 Substitute for Pan-cakes. From a hot water pot or with a teaspoon slowly put sufficient boiling water on the Biscuit to thoroughly saturate it. With a knife, first dipped in hot water, cut thin slices of good butter, and lay (not spread) on top of the Biscuit. Serve hot with maple syrup, sugar, or with butter only. It is thus a splendid substitute for pan-cakes, and much more nutritious and wholesome. This is especially

agreeable to those for whom milk or cream is not permissible.

8 Cream of Asparagus Soup a la Shredded Wheat. Two bunches asparagus or 1 can asparagus, 1 quart white stock, 1 quart milk, $\frac{1}{2}$ onion, 4 tablespoons butter, 2 tablespoons Entire Wheat Flour, 2 tablespoons Shredded Wheat Biscuit crumbs, 1 cup cream. Cook stock, asparagus, and onion together $\frac{1}{2}$ hour. Strain through a sieve, and add 1 quart of milk to the stock and put on fire to heat, press the asparagus through the sieve, cream the butter, flour, and crumbs and turn on to it the heated milk and stock, and stir till thick and smooth, cooking 10 minutes. Then strain again and add the sifted asparagus. Heat and season, and just before serving, add 1 cup cream.

9 Cream of Celery Soup. Two heads celery, 1 quart milk, 2 ounces butter, $\frac{1}{2}$ cup Rolled Shredded Wheat Biscuit crumbs, or Granulated Wheat-Shred, 1 tablespoon Entire Wheat Flour, 1 teaspoon salt, paprika to taste, 1 cup thin cream. Wash, scrape, and cut into small pieces 2 heads celery, and put to cook in enough water to cover. When tender drain through a sieve, saving all the liquor, which put on back of the stove to heat with 1 quart milk. Rub the celery through a sieve till you have removed all the pulp. When the milk is hot, add the butter, flour, and Shredded Wheat Biscuit crumbs, cooking till it thickens. Strain through a sieve and rub through all that is possible, put back on the fire, add the celery pulp, salt and paprika, and cook slowly 3 minutes, and when it is ready to serve add 1 cup thin cream.

10 Cream of Spinach Soup. One quart stock, 2 quarts of spinach picked over and washed thoroughly, 1 quart milk, 1

teaspoon salt, $\frac{1}{4}$ teaspoon paprica, $\frac{1}{2}$ cup Shredded Wheat Biscuit crumbs, or Granulated Wheat-Shred, 2 tablespoons butter, 1 tablespoon Entire Wheat Flour, pinch soda. Put the spinach to cook in the stock, when tender rub through a puree sieve. Put the milk and Shredded Wheat Biscuit crumbs to cook in double boiler till thick, rub through a sieve and add soda. Then add to spinach and stock and heat. Bind with the flour and butter creamed. Cook 5 minutes, and season with salt and paprica.

11 Halibut Bisque. One lb. halibut (boiled), 2 cups of the water in which it has been boiled, or white stock, 4 cups milk hot, $\frac{1}{8}$ cup Entire Wheat Flour, $\frac{1}{4}$ cup butter, $\frac{1}{4}$ cup Shredded Wheat Biscuit crumbs, or Granulated Wheat-Shred, $1\frac{1}{2}$ teaspoons salt, $\frac{1}{2}$ teaspoon paprica. Break or cut the boiled fish into small pieces, bring water or stock to boil, thicken with butter, flour, and crumbs creamed together, cook 10 minutes, add hot milk and seasoning, then add fish and serve hot.

12 Lobster Bisque. One lobster, 1 quart milk, 2 cups of lobster stock, $\frac{1}{4}$ cup butter, $\frac{2}{3}$ cup Shredded Wheat Biscuit crumbs, or Granulated Wheat-Shred, 1 tablespoon Entire Wheat Flour, $1\frac{1}{2}$ teaspoons salt, $\frac{1}{2}$ teaspoon paprica. Open the lobster, put the shell and tail meat on to boil in $1\frac{1}{2}$ pints water, and cook 20 minutes. Cut the rest of the meat into cubes or dice. Put the milk on to heat. Work the butter into the crumbs, add the flour and 2 cups of the water in which the shell and tail meat were boiled, and cook 10 minutes. Rub through a puree sieve, add to the hot milk and scald. Add dice of lobster meat, salt and pepper and serve hot. If coral is found in the lobster, rub through a puree sieve and add to the bisque just before serving.

13 Lobster a la Worcester. Meat of 1 medium sized lobster (2½ lbs.), cut into small pieces, 1 cup milk, 2 tablespoons Entire Wheat Flour, 2 tablespoons butter, ½ teaspoon salt, ¼ teaspoon paprica, dash of nutmeg, 1 cup rolled and sifted Shredded Wheat Biscuit crumbs or Granulated Wheat-Shred, 1 tablespoon butter, 2 hard cooked eggs. Make a white sauce of the milk, butter, flour, salt, paprica, and nutmeg, add the lobster and the yolks of the eggs put through a potato ricer. Mix thoroughly, butter 6 baking shells, sprinkle with crumbs, fill with the prepared lobster, sprinkle with the whites of the eggs put through the ricer, cover with crumbs, put little bits of butter on top, and bake 30 minutes in a quick oven. Garnish with parsley and pieces of lemon.

14 Fish Turbot. Two cups flaked fish, 1 cup rolled and sifted Shredded Wheat Biscuit crumbs or Granulated Wheat-Shred, 2 tablespoons butter, pepper, 1 cup milk, 2 tablespoons Entire Wheat Flour, 2 tablespoons butter, ½ teaspoon salt, ⅓ teaspoon paprica. Use any boiled or baked fish, haddock, halibut, salmon, or cod. Butter a pudding dish, cover with crumbs, layer of fish, pepper, butter, and white sauce made from the 2 tablespoons Entire Wheat Flour, 2 level tablespoons butter, salt, paprica, and milk. Proceed in this way until the dish is filled, finishing with crumbs, which dress with butter, pepper, and white sauce. Cover and bake slowly 45 minutes. Serve warm or cold.

15 Stuffed Baked Fish. One 4-lb. fish, 4 rolled Shredded Wheat Biscuit or Granulated Wheat-Shred, 1 tablespoon butter, 1 teaspoon salt, 1 tablespoon herb dressing, 1 egg, boiling water. Wash the fish, wipe dry, sprinkle with salt on the inside. Mix the crumbs, salt, herb dressing, add butter and boiling water

to make a soft paste, add the egg and mix well. Fill the fish, sew it up, put in buttered pan, put bits of butter over fish, sprinkle lightly with salt and Shredded Wheat Biscuit crumbs and bake. When the flesh can be pierced without the juice running out, remove to warm platter, draw out the string and garnish with parsley.

16 Fish Chops. One can salmon, 5 rolled Shredded Wheat Biscuit sifted or $1\frac{1}{4}$ cups Granulated Wheat-Shred, $\frac{1}{2}$ teaspoon salt, $\frac{1}{8}$ teaspoon paprica, 1 cup white sauce (Recipe 144), 1 well beaten egg, 1 tablespoon water, macaroni. Drain off the oil, remove skin and bones, and pick the salmon very fine with a fork. Add salt, paprica, and 1 rolled and sifted Shredded Wheat Biscuit, or $\frac{1}{4}$ cup Wheat-Shred, mix thoroughly and bind together with the white sauce. Set away to get cold, shape into chops, stick a piece of macaroni in the end for the chop bone, roll in the egg and water, then in the sifted biscuit crumbs and fry in deep fat. Garnish with parsley and serve with quarters of lemon.

17 Fried Fish. Wash the fish thoroughly, wipe it dry, sprinkle lightly with salt. Dip in beaten egg, then roll in Shredded Wheat Biscuit crumbs, or Granulated Wheat-Shred, place in frying basket and fry in hot fat.

18 Fish Balls. One-half lb. salt fish, 4 Shredded Wheat Biscuit rolled and sifted or 1 cup Granulated Wheat-Shred, 1 tablespoon butter, 1 pint hot milk, $\frac{1}{4}$ teaspoon white pepper, 1 egg; for crumbing, 2 Shredded Wheat Biscuit, rolled and sifted, or $\frac{1}{2}$ cup Wheat-Shred. Freshen the fish and chop or pick very fine, add crumbs and pepper and mix well. Add butter and hot milk, stirring well. Let stand 5 minutes.

Make into balls, roll in the egg beaten light, then in the crumbs and fry in deep fat.

19 Creamed Cod Fish. Six Shredded Wheat Biscuit, 1 pint cold milk, 2 tablespoons butter, 2 tablespoons Entire Wheat Flour, dash cayenne pepper, 1 pint hot milk, $\frac{1}{4}$ lb. picked cod-fish. Blend the butter, flour, and pepper, add the hot milk little at a time, cook 2 minutes, then add the picked fish and serve on the Biscuit prepared as in No. 1.

20 Finnan Haddie on Shredded Wheat Biscuit Toast. One small finnan haddie, 1 tablespoon butter, 1 tablespoon flour, $1\frac{1}{2}$ cups milk, salt, white pepper, halves of 4 Shredded Wheat Biscuit. Remove the skin from the finnan haddie and with fork pick into flakes. Melt 1 tablespoon butter in a sauce-pan, add 1 tablespoon Entire Wheat Flour, $1\frac{1}{2}$ cups milk, stir and cook till smooth. Add the finnan haddie, season with salt, white pepper, and cook till fish is white and tender, then serve on toasted halves of Shredded Wheat Biscuit.

21 Creamed Clams. One quart clams, $1\frac{1}{2}$ cups hot milk, 1 teaspoon salt, $\frac{1}{4}$ teaspoon white pepper, 2 rounding tablespoons butter, 2 rounding tablespoons Entire Wheat Flour, 8 Shredded Wheat Biscuit. Pick over 1 quart clams and chop the hard part. Strain liquor and put in a sauce-pan to heat, add chopped part of clams. Simmer until tender, removing scum as it rises. Add the milk; blend the butter and flour, and add a little of the hot milk and clam liquor; turn into sauce-pan, and stir until it thickens. Add the soft part of the clams, salt, and pepper and cook 5 minutes. Prepare the Biscuit as in recipe No. 65, and fill them with the creamed clams.

22 Fried Oysters. One pint oysters, crumbs of 4 Shredded Wheat Biscuit, or 1 cup Granulated Wheat-Shred, $\frac{1}{2}$ teaspoon salt, $\frac{1}{4}$ teaspoon white pepper, 1 egg beaten light. Pick over and drain the oysters. Mix the crumbs, salt and pepper. Dip each oyster separately in egg and crumbs. Place in frying basket and fry in hot fat till golden brown.

23 Escalloped Oysters. One pint oysters, 1 cup rolled and sifted Shredded Wheat Biscuit crumbs, or Granulated Wheat-Shred, 2 tablespoons butter, 1 teaspoon salt, $\frac{1}{2}$ teaspoon pepper, $\frac{1}{2}$ pint hot milk and the liquor from the oysters. Butter a pudding dish, sprinkle with crumbs, then put a layer of oysters, butter, salt, and pepper, then crumbs, oysters, seasoning and crumbs. Put bits of butter on top, salt and pepper, and pour the hot milk and liquor over all. Cover and bake 45 minutes; remove cover and brown.

24 Fancy Roast of Oysters. One quart oysters, 1 teaspoon salt, $\frac{1}{2}$ teaspoon white pepper, 6 Shredded Wheat Biscuit, 1 pint cold milk. Pick over the oysters, strain the liquor and put oysters to cook in it; skim. Prepare the Biscuit as in No. 1 and when the oysters are plump, remove at once from the fire, add butter, salt and pepper, and arrange on Biscuit. Send the hot liquor to table in gravy tureen to be added to oysters there.

25 Shredded Wheat Curried Eggs. Six hard cooked eggs, 1 teaspoon scraped onion, 3 tablespoons butter, 3 tablespoons Entire Wheat Flour, $\frac{1}{2}$ teaspoon curry powder, 1 cup milk and $\frac{1}{2}$ cup thin cream hot, 4 Shredded Wheat Biscuit. Remove shells from eggs and cut into slices. Blend together scraped onion, butter, flour, and curry powder, and cook till a light

brown. Pour on slowly the hot milk and cream. Salt and pepper to taste, and cook till it thickens. Add the eggs, and when warmed through arrange on toasted halves of Shredded Wheat Biscuit, and pour the sauce over them.

26 Poached or Scrambled Eggs on Shredded Wheat Biscuit. Moisten the Biscuit slightly with cold water, place small bits of butter on top; put in buttered pan in hot oven about 3 minutes. Remove with pancake turner to warm plate. Use as toast for scrambled or poached eggs.

27 Fancy Omelet a la Shredded Wheat. Four eggs, 4 tablespoons cold water, 3 tablespoons toasted Shredded Wheat Biscuit crumbs or Granulated Wheat-Shred, $\frac{1}{2}$ teaspoon salt, 2 level tablespoons butter. Put the butter in omelet pan on the stove to heat. Separate the eggs. Add to the yolks, the water and salt. Beat the whites dry, then the yolks and water very light. Turn on to the whites and beat in. Turn into the omelet pan and sprinkle the toasted crumbs evenly on top. When set, put in the oven about 2 minutes to dry, fold and serve with tomato sauce turned around it, made as follows: 1 cup strained tomatoes, 1 tablespoon Entire Wheat Flour, 1 tablespoon butter, 1 bay leaf, $\frac{1}{2}$ teaspoon scraped onion, little parsley, $\frac{1}{8}$ teaspoon salt, black pepper to taste. Boil together 5 minutes, remove the parsley and bay leaf, and turn onto the blended butter and flour. Stir and cook till a smooth, creamy consistency.

28 Egg Toast. Six hard cooked eggs, paprica, celery salt, 1 cup thin cream, 1 level tablespoon butter, 1 level tablespoon Entire Wheat Flour, 4 Shredded Wheat Biscuit. Cook the eggs 45 minutes, cool in cold water, remove shells, separate yolks and whites. Make a cream sauce of the cream, flour, butter,

$\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ teaspoon paprica; add the whites of eggs put through potato ricer. Split the Biscuit, sprinkle with celery salt, dust with paprica and toast a light brown in oven, remove to warm platter, dress with the sauce, cover the top with the yolks of the eggs put through a potato ricer, garnish with finely minced parsley.

29 Shredded Wheat Biscuit Egg Omelet. One pint milk, 3 eggs beaten separately, salt and pepper to taste, a little chopped parsley, $\frac{1}{2}$ cup Shredded Wheat Biscuit crumbs rolled fine or Granulated Wheat-Shred. Mix well and cook the batter in buttered frying pan. When the omelet is set, slip a pallet knife under centre to prevent scorching while it finishes cooking. Then dry in the oven, fold, and serve on a warm platter with tomato sauce.

30 Breaded Eggs, Tomato Sauce. See "Suggestions" for hard cooked eggs. 6 hard cooked eggs, 2 Shredded Wheat Biscuit rolled and sifted or $\frac{1}{2}$ cup Granulated Wheat-Shred, 1 cup strained tomatoes, $\frac{1}{2}$ teaspoon scraped onion, 1 bay leaf, little parsley, 1 tablespoon Entire Wheat Flour, 1 tablespoon butter, 1 egg, 1 tablespoon cold water, $\frac{1}{2}$ teaspoon salt, $\frac{1}{8}$ teaspoon paprica. Cook eggs 45 minutes, thoroughly chill in cold water, cut into slices, salt, pepper, and dip each slice in the beaten egg and water and roll in Shredded Wheat Biscuit crumbs. Set away in cold place 1 hour, and fry in hot fat a golden brown. Serve with tomato sauce made of the tomatoes, onion, bay leaf, and parsley boiled together, remove the bay leaf and parsley and turn onto the blended flour and butter. Cook 2 minutes or till thickened.

31 Stuffed Eggs. Six hard cooked eggs, 1 egg, 1 tablespoon cold water. 2 Shredded Wheat Biscuit rolled and sifted, or $\frac{1}{2}$ cup Granulated Wheat-Shred, salt and white pepper, 3 teaspoons Royal Salad Dressing, 1 teaspoon Worcestershire Sauce, 12 small wooden skewers. Cook 45 minutes, cool thoroughly, cut eggs into halves lengthwise, remove yolks, keeping halves of each egg in pairs. Put yolks through ricer or sieve, add salad dressing, Worcestershire sauce, salt and pepper to taste; mix into smooth paste, fill halves of eggs level, put halves together, fasten through ends with skewers, roll in egg and water, then in crumbs and fry in deep fat to a golden brown; remove skewers. A delicious and dainty luncheon dish.

32 Scrambled Eggs, With Tomatoes, on Shredded Wheat Biscuit Toast. One half tablespoon butter, 1 teaspoon scraped onion, 1 cupful strained tomatoes, $\frac{1}{4}$ teaspoon salt, $\frac{1}{8}$ teaspoon white pepper, $\frac{1}{4}$ teaspoon sugar, 4 eggs, 3 Shredded Wheat Biscuit. Melt butter in sauce-pan, add onion, tomatoes, and the seasoning; cover and cook 5 minutes; set back from fire. Then add eggs beaten with a fork, break into large curds as they cook, remove and serve on the Biscuit that have been split and toasted to a light brown in the oven.

33 Egg Sandwich. Twelve Shredded Wheat Biscuit, 12 hard cooked eggs, 1 teaspoon salad dressing, dash cayenne, $\frac{1}{4}$ teaspoon mustard, 1 tablespoon vinegar, 1 teaspoon salt. Cook eggs 45 minutes, cool, separate yolks and whites, put each through a potato ricer. Add to the yolks the salad dressing, cayenne, mustard and vinegar, mix well, then add the riced whites and stir well. Split the Biscuit, remove loose inside shreds, fill

lower half with prepared eggs, and cover with top. Minced meat may be prepared and used in the same way.

34 Creamed Dried Beef. One-half lb. dried beef chipped fine, 4 level tablespoons Entire Wheat Flour, 4 level tablespoons butter, 1 pint hot milk, dash cayenne, 8 Shredded Wheat Biscuit. Melt the butter in sauce-pan, add beef, cayenne and flour, stir well, and add hot milk, little at a time, cooking till thick and smooth. Prepare Biscuit as in recipe No. 1. Send creamed beef to the table in separate dish to be added there.

35 Dressed Beef Steak. One small onion, 1 tablespoon butter, $\frac{1}{8}$ teaspoon herb dressing, $\frac{1}{8}$ teaspoon thyme, $\frac{1}{8}$ teaspoon marjoram, 1 tablespoon lemon juice, $1\frac{1}{2}$ cups boiling water, $\frac{2}{3}$ cup Shredded Wheat Biscuit crumbs or Granulated Wheat-Shred, $1\frac{1}{2}$ lbs. rump steak cut $1\frac{1}{2}$ inches thick, salt and pepper, olive oil, 1 tablespoon butter, and 1 tablespoon flour. Chop the onion fine and cook slowly in the butter with the thyme and marjoram 10 minutes, but do not brown. Add lemon juice, crumbs, $\frac{1}{2}$ teaspoon salt and boiling water; mix well. Cut a pocket in steak, salt, and pepper lightly, and fill with the prepared dressing. Sew up and rub all over with the olive oil, salt and pepper and put in covered pan in oven and cook 45 minutes, basting occasionally. Serve with gravy made by browning 1 tablespoon butter and 1 tablespoon Entire Wheat Flour, adding the hot meat stock from the pan; season with white pepper and salt. Serve the whole hot. The same filling may be used for stuffing lamb, veal or poultry.

36 Deviled Chicken. Two cups chicken, $\frac{1}{4}$ cup mushrooms rinsed in cold water and dried, 2 tablespoons salad oil, juice 1 lemon, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ teaspoon paprica, $\frac{1}{2}$ cup Shredded

Wheat Biscuit crumbs or **Granulated Wheat-Shred**, 1 cup **white stock**, 2 level tablespoons **flour**, 2 level tablespoons **butter**, $\frac{1}{2}$ teaspoon **grated onion**, a little **parsley**, $\frac{1}{4}$ teaspoon **white pepper**. Cut the chicken into dice and the mushrooms into thirds, season with $\frac{1}{2}$ teaspoon **salt**, $\frac{1}{2}$ teaspoon **white pepper**, **olive oil** and **lemon juice**, and set away in the ice chest for 1 hour. Make a sauce of the **white stock**, **flour**, **butter** **onion**, **parsley** and **pepper**; cook till thick and smooth, remove **parsley**. Butter an earthen pudding dish, sprinkle with crumbs, turn in the prepared chicken and mushrooms, cover with the sauce, then the remainder of the crumbs, and sauce; bake in moderate oven $\frac{1}{2}$ hour, then brown and serve.

37 Shredded Wheat Chicken Pie. Two cups cold cooked chopped chicken, 2 cups scalded milk, $\frac{1}{4}$ cup butter, $\frac{3}{4}$ cup **Shredded Wheat Biscuit crumbs**, or **Granulated Wheat-Shred**, 2 tablespoons finely chopped **parsley**, yolks of 3 eggs, whites 3 eggs beaten perfectly dry. Scald the milk and add butter, crumbs, salt and pepper. Cook 3 minutes, boil and add butter, crumbs, salt and pepper. Cook 3 minutes, take from fire and add the chicken, **parsley** and yolks of eggs, beaten till light. Last of all fold and cut in the whites of eggs. Turn into a buttered dish and bake 45 minutes in a moderate oven. Serve with sauce made from 2 cups chicken stock, 2 tablespoons **Entire Wheat Flour**, and 2 level tablespoons **butter**, $\frac{1}{2}$ teaspoon **salt**, $\frac{1}{8}$ teaspoon **paprica**, or **White Mushroom Sauce**:—1 cup **white stock**, 2 level tablespoons **Entire Wheat Flour**, 2 level tablespoons **butter**, $\frac{1}{2}$ teaspoon **salt**, $\frac{1}{8}$ teaspoon **white pepper**, 1 tablespoon **chopped onion**, 1 tablespoon **chopped carrot**, little **parsley**, $\frac{1}{4}$ cup **cream**, $\frac{1}{2}$ cup **mushrooms** drained, rinsed in cold water and cut into thirds. Put the **butter**, **onion**, **carrot** and **parsley** into frying

pan, and cook slowly 10 minutes, taking care not to burn, then add flour, stirring in carefully, then the stock a little at a time, cooking till thick and smooth; add seasoning, strain and return to fire; add mushrooms, and cook 5 minutes, then add the cream; heat thoroughly but do not cook.

38 Minced Meat in Biscuit Cases. Two cups finely chopped meat, $\frac{1}{4}$ teaspoon salt, $3\frac{1}{2}$ cups stock, a little parsley, 1 bay leaf, $\frac{1}{8}$ teaspoon white pepper, 8 Shredded Wheat Biscuit, 2 tablespoons butter, 2 tablespoons flour, 1 teaspoon scraped onion, $\frac{1}{8}$ teaspoon paprika. Put the minced meat, $1\frac{1}{2}$ cups stock and white pepper in a sauce-pan to heat. Put the 2 cups stock, bay leaf, scraped onion, paprika, with $\frac{1}{4}$ teaspoon salt and parsley on stove and cook 10 minutes, then add butter and flour creamed together, and cook slowly until thick and smooth. Remove the bay leaf and parsley. Prepare the Biscuit by cutting with a sharp pointed knife an oblong cavity from top of Biscuit $\frac{1}{4}$ inch from sides and ends. Remove top carefully and take out all inside shreds. Fill the space thus formed with the prepared meat. Place the covers on top. Put in oven and heat through (about 5 minutes) and then remove to warm plate and serve with the sauce.

39 Fish Croquettes. Four cups boiled or baked fish picked fine, 2 teaspoons Worcestershire sauce, dash cayenne, $\frac{1}{8}$ teaspoon nutmeg, $\frac{1}{2}$ cup chopped parsley, 1 cup milk, 2 level tablespoons Entire Wheat Flour, 2 level tablespoons butter, 1 teaspoon salt, $\frac{1}{8}$ teaspoon paprika, 2 Shredded Wheat Biscuit, rolled and sifted or $\frac{1}{2}$ cup Granulated Wheat-Shred, 1 egg, 1 tablespoon cold water. Mix the fish, parsley and seasoning, bind with white sauce made of the milk, butter, flour, salt and paprika. Mix well and set away to cool, when cold form into

cylinder shapes, roll in crumbs, egg and water, and crumbs and fry in deep fat.

40 Chicken Croquettes. Two cups cold chicken minced fine, 1 teacup rolled and sifted Shredded Wheat Biscuit crumbs or Granulated Wheat-Shred, 2 cups white sauce or stock, 1 teaspoon salt, dash cayenne, 2 tablespoons Royal Salad Dressing, $\frac{1}{2}$ cup chopped parsley. Mix the minced chicken, crumbs, salad dressing, parsley and seasoning. Add the white sauce or stock, stir thoroughly, then set away to cool. Form into cylinder shapes, roll in Shredded Wheat Biscuit crumbs, beaten egg and crumbs, and fry in hot fat or put in buttered pan with bits of butter on croquettes and bake in quick oven till a nice brown,

41 Meat Croquettes (Baked). $1\frac{1}{2}$ cups cold meat minced fine, $1\frac{3}{4}$ cups hot stock or gravy, 1 cup Shredded Wheat Biscuit crumbs or Granulated Wheat-Shred, 1 teaspoon salt, $\frac{1}{4}$ teaspoon pepper, 2 tablespoons Royal Salad Dressing, 1 well beaten egg. Mix the meat, crumbs and seasoning together, add salad dressing, then hot stock or gravy; stir and add the egg. Let the mixture get cold, form into cylinder shapes, put in buttered pan, with bits of butter on the croquettes, and bake in quick oven till nicely browned.

42 Oyster Patties. One quart oysters, 8 Shredded Wheat Biscuit, 1 pint milk, 4 level tablespoons Entire Wheat Flour, 4 level tablespoons butter, 1 teaspoon scraped onion, 1 cup oyster liquor, salt, and white pepper. With sharp pointed knife cut an oblong cavity in top of Biscuit, $\frac{1}{4}$ inch from sides and ends. Remove top carefully, then all inside shreds, forming a shell. Sprinkle with salt, dust with pepper, and put a

small piece of butter in bottom. Pick over the oysters and fill the shells, season with salt, pepper, and put in buttered pan. Dip the oblong tops lightly in the oyster liquor, cover the oysters, put bits of butter on top, cover the pan and bake in quick oven 25 minutes. Serve with white sauce made from the milk, oyster liquor, flour, butter, $\frac{1}{2}$ teaspoon salt and 1 teaspoon scraped onion.

43 Clam Patties. One quart clams, 8 Shredded Wheat Biscuit, $\frac{1}{4}$ lb. butter, white pepper, salt, 1 cup milk. Pick over the clams and chop the hard part. Strain the liquor, add to the chopped part of clams, then add the soft part. Prepare the Biscuit shell same as for Oyster Patties, and place in buttered pan. Fill with the clams, season with salt and pepper. Dip the oblong tops in milk, cover the clams, put bits of butter on top, cover the pan and bake 25 minutes. Serve with white sauce. (Recipe 144.)

44 Chicken Patties. One cup white stock, 1 cup milk, 4 level tablespoons Entire Wheat Flour, 4 level tablespoons butter, 1 teaspoon salt, $\frac{1}{4}$ teaspoon white celery pepper, 2 cups cold chicken cut in cubes, 6 Shredded Wheat Biscuit. Put the stock and milk to heat. Blend butter and flour, add the hot milk, a little at a time, cook 2 minutes, add seasoning and chicken, and keep hot. Cut tops from Biscuits in oblong shapes, remove inside shreds, toast lightly in oven, fill with mixture and put tops on. Put back in oven 5 minutes, remove to warm platter, and pour over them the remaining mixture.

45 Celery Patties. One head celery, $1\frac{1}{2}$ cups milk, $\frac{1}{2}$ cup celery water, 5 tablespoons butter, 3 tablespoons Entire Wheat Flour, $\frac{1}{2}$ teaspoon salt, $\frac{1}{8}$ teaspoon paprika, salt, and white pepper, 6 Shredded Wheat Biscuit. Wash the celery, cut into

small pieces, boil till tender, drain off the water, of which save $\frac{1}{2}$ cup. Add to the celery 2 tablespoons butter, salt and pepper to taste. Prepare the Biscuit as for oyster patties, fill with the prepared celery. Dip the oblong covers into $\frac{1}{2}$ cup milk, cover the celery, put bits of butter on top, bake in quick oven 10 minutes, covered. Serve with sauce made from 1 cup milk, $\frac{1}{2}$ cup celery water, 3 tablespoons butter, 3 tablespoons Entire Wheat Flour, salt and paprica.

46 Cheese Patties. One pint milk, $\frac{1}{4}$ lb. grated cheese, 1 egg, 1 teaspoon Entire Wheat Flour, $\frac{1}{2}$ teaspoon mustard, dash cayenne, 1 teaspoon salt, 8 Shredded Wheat Biscuit, 1 tablespoon butter. Put half the milk to scald. Mix the grated cheese, flour, mustard, cayenne, salt and egg together, put in a sauce pan, and when the milk is scalded, add it to the mixture, stirring till smooth and thick. Remove from the fire and add butter. Prepare the Biscuit as for oyster patties, dip quickly in milk, drain, fill with prepared cheese, cover with oblong top, put bits of butter on top, and bake in quick oven 10 minutes.

47 Asparagus Patties. Two bunches fresh asparagus or one can Oyster Bay asparagus, 1 cup milk, 2 level tablespoons butter, 1 level tablespoon Entire Wheat Flour, $\frac{1}{2}$ teaspoon salt, $\frac{1}{8}$ teaspoon paprica, 8 Shredded Wheat Biscuit. Wash and cut the asparagus into small pieces, boil in salted water till tender. Drain and add 1 tablespoon butter, salt and pepper to taste, and pour over it white sauce made of the milk, flour, salt, paprica, and 1 tablespoon butter. Prepare the Biscuit shells as for oyster patties, and toast light brown in oven, fill with the mixture and serve hot. If canned asparagus is used, drain in colander, and let cold water run through it a minute; heat and proceed as with fresh asparagus.

48 Apple Patties with Lemon Soufflé Sauce. Six tart apples, $\frac{1}{2}$ cup cold water, 6 teaspoons sugar, 6 Shredded Wheat Biscuit, $1\frac{1}{2}$ cups milk, 1 teaspoon Entire Wheat Flour, $\frac{1}{2}$ cup sifted powdered sugar, yolk 1 egg, whites 2 eggs, juice and grated rind 1 lemon. Core and pare apples, put in a pan with $\frac{1}{2}$ cup cold water, teaspoon sugar in space of removed core, bake till tender and nice brown. Prepare the Biscuit shells as for oyster patties, and put one apple in each shell, pressing carefully into the corners. Sprinkle lightly with nutmeg, dip the top quickly in cold milk, cover the apple and put little bits of butter on top of each patty. Cover with pan, bake 10 minutes and serve with **Lemon Soufflé Sauce**:—Scald 1 cup milk, add the Entire Wheat Flour wet with a little cold milk. Cook, stirring all the time, for three minutes. Take from the fire, beat in the yolk of egg whipped very light, with $\frac{1}{2}$ cup sifted powdered sugar. Let the mixture get cold, and beat in the lemon juice and rind, and, just before serving, whip in the whites of 2 eggs, beaten dry. This sauce is especially nice for apple desserts.

49 Cheese Ramakins. Two eggs, 1 tablespoon melted butter, $\frac{1}{4}$ teaspoon paprica, 3 Shredded Wheat Biscuit, 6 tablespoons grated cheese, 1 tablespoon cream, 1 teaspoon Entire Wheat Flour. Beat to a cream the eggs, butter, and paprica; add 6 tablespoons grated cheese, and work into a smooth paste. Blend the cream and flour and add to the mixture, stir in well, beat 1 minute, then spread on the Biscuit, that have been separated into halves, and buttered lightly; brown slightly in oven,

50 Welsh Rarebit. One cup hot milk, $\frac{1}{4}$ lb. cheese, grated. $\frac{1}{2}$ teaspoon salt, $\frac{1}{4}$ teaspoon mustard, dash cayenne, 6 Shredded Wheat Biscuit, 1 teaspoon Entire Wheat Flour, 1 egg well

beaten, 1 teaspoon butter. Put the milk to heat. Mix cheese, flour, egg, mustard, salt, and cayenne in sauce-pan, and when the milk is scalding hot, add it a little at a time to the cheese mixture. Stir, cooking slowly until smooth as cream. Take from fire and add butter, stir in well, and pour over the Biscuit that have been prepared as in Recipe No. 1. Serve at once. Prepare the Biscuit before adding the milk to the cheese.

51 Oyster Rarebit. One-half cup cysters, 1 tablespoon butter, $\frac{1}{4}$ lb. grated cheese, 1 egg yolk, $\frac{1}{4}$ cup oyster liquor, salt and paprica to taste, 3 Shredded Wheat Biscuit. Plump the oysters, removing the hard muscle, and keep hot in a covered bowl. Use a part of the liquor to moisten the biscuit. Split the Shredded Wheat Biscuit, moisten and toast in the oven, make a rarebit by melting the butter in sauce-pan, add cheese and egg yolk mixed together, then one-half oyster liquor, salt and paprica. As soon as the rarebit is cooked, add the oysters and serve at once on the toasted halves of Biscuit.

52 Shredded Wheat Cheese Balls. One-half cup grated cheese, $\frac{1}{4}$ cup Shredded Wheat Biscuit, rolled very fine or Granulated Wheat-Shred, whites of 2 eggs beaten light, salt and paprica to taste. Mix, and form into balls, and roll lightly in rolled and sifted Shredded Wheat Biscuit crumbs, and fry in hot fat. Use old English or Worcester County dairy cheese.

53 Cheese Soufflé. Four tablespoons butter, 2 level tablespoons Entire Wheat Flour, $\frac{1}{4}$ teaspoon mustard, $\frac{1}{4}$ teaspoon salt, $\frac{1}{2}$ teaspoon paprica, $\frac{3}{4}$ cup milk, 1 Shredded Wheat Biscuit rolled and sifted or $\frac{1}{4}$ cup Granulated Wheat-Shred, $\frac{1}{2}$ cup grated cheese (Old English or Worcester County), 3 eggs. Melt the butter, in it blend the flour, sifted together with the mustard, salt, and paprica. Add the milk a little at a

time, and when it begins to thicken, add the Shredded Wheat Biscuit crumbs, and the grated cheese. Remove from the fire, and add the yolks of the eggs, beaten until lemon colored. Cool the mixture, and cut and fold in the whites of the eggs, beaten dry. Bake 25 minutes in a buttered baking dish, or in individual moulds.

54 Shredded Wheat Cheese Turbot. Three Biscuit cut cross-wise in quarters, $\frac{1}{4}$ lb. cheese grated, $1\frac{1}{2}$ cups milk, $1\frac{1}{2}$ tablespoons Entire Wheat Flour, $1\frac{1}{2}$ tablespoons butter, 1 teaspoon salt, $\frac{1}{2}$ teaspoon mustard, and $\frac{1}{4}$ teaspoon paprica. Make white sauce of butter, flour, milk, and salt. Cook till smooth as cream, then take from fire, and add $\frac{2}{3}$ of the cheese, mustard, and paprica. Butter pudding dish, and put in layer of Biscuit, then of sauce; proceed till all the Biscuit and sauce are used, finishing with sauce, and sprinkle remainder of cheese on top. Bake till a nice brown.

55 Shredded Wheat Biscuit with Tomato Sauce. One can tomatoes or 12 medium sized tomatoes, 1 tablespoon scraped onion, bay leaf, little parsley, 1 teaspoon salt, dash cayenne pepper, 1 Shredded Wheat Biscuit, rolled and sifted or $\frac{1}{4}$ cup Granulated Wheat-Shred, 6 Shredded Wheat Biscuit, 1 pint cold water, $\frac{1}{4}$ lb. butter. Stew the tomatoes, onion, bay leaf, parsley, and Biscuit crumbs together for 10 minutes. Put through a sieve, add the salt, cayenne, and 2 level tablespoons butter; bring to a boil and serve with the Shredded Wheat Biscuit, prepared as follows: Dip quickly in cold water, drain out all the water possible, place in buttered pan, put bits of butter on top, and heat thoroughly in hot oven. Remove with pancake turner to warm platter or plates, and serve with the sauce.

56 Sliced Tomatoes on Shredded Wheat Biscuit. Six ripe

tomatoes, 6 Shredded Wheat Biscuit, head lettuce, pepper, salt, 6 tablespoons Royal Salad Dressing, 1 pint milk. Wash the lettuce and put on ice to crisp, arrange on a platter. Dip the Biscuit in cold milk, drain out all the milk possible, and lay on the lettuce leaves. Pare and slice the tomatoes, and arrange nicely on the tops of the Biscuit. Salt and pepper lightly, and dress with the salad dressing.

57 Stuffed Tomatoes. Six medium sized ripe tomatoes, 2 Shredded Wheat Biscuit, rolled fine and sifted or $\frac{1}{2}$ cup Granulated Wheat Shred, 1 tablespoon chopped parsley, $\frac{1}{8}$ teaspoon celery salt, $\frac{1}{2}$ teaspoon scraped onion, $\frac{1}{4}$ teaspoon salt, $\frac{1}{4}$ teaspoon white pepper, 2 level tablespoons butter, boiling water. Cut tops from tomatoes, remove seeds. Mix the rolled Biscuit, parsley, celery salt, scraped onion, salt, white pepper, butter and tomato pulp taken from the tomatoes, first cooking the pulp, then straining it to remove seeds. Add enough boiling water to make smooth paste. Fill tomato shells, put top on, put in buttered tin, and bake till tender, in moderate oven.

58 Tomato Salad. One can tomatoes, $\frac{1}{4}$ box Cox's Gelatine, $\frac{1}{4}$ cup cold water, $2\frac{1}{2}$ Shredded Wheat Biscuit, rolled and sifted, 2 level tablespoons butter, 1 teaspoon salt, $\frac{1}{4}$ teaspoon white pepper, 1 head lettuce. Soften gelatine in cold water. Strain tomatoes and bring to a boil, add butter, seasoning, rolled Biscuit crumbs, and gelatine; cook 5 minutes. Turn into a mould previously scalded and then cooled with cold water. Set in cool place to harden; when cold and firm, turn onto lettuce leaves, arranged in salad bowl. Serve, dressed with Royal Salad Dressing or plain.

59 Corn Fritters. Three eggs, beaten light, $\frac{3}{4}$ cup milk, $\frac{1}{8}$ teaspoon salt, pepper to taste, 1 cup rolled Shredded Wheat

Biscuit crumbs or Granulated Wheat Shred, 1 cup green corn cut from cob. Mix all thoroughly, and drop from a teaspoon into hot fat, fry a good brown. To serve with meat. In the winter canned corn may be substituted for green corn.

60 Asparagus on Shredded Wheat Biscuit. One bundle asparagus, 6 Biscuit, 2 cups milk, 4 level tablespoons Entire Wheat Flour, 4 level tablespoons butter, 1 teaspoon salt, $\frac{1}{4}$ teaspoon white pepper, $\frac{1}{2}$ teaspoon salt. Tie the Asparagus in bundles, cut the length of the Biscuit. Boil until tender in water to which has been added the teaspoon salt. Prepare the Biscuit by dipping quickly in cold water, drain out all the water possible, put in buttered pan with small pieces of butter on each Biscuit, and put in quick oven for 5 minutes. Remove with pan-cake turner to warm platter, arrange asparagus (heads one way) on the Biscuit. Pour over them white sauce made of the milk, flour, butter, salt, and pepper.

61 Buttered Beets. Three medium sized red beets, 2 level tablespoons butter, salt, pepper, 6 Shredded Wheat Biscuit, 1 pint milk. Wash and thoroughly boil the beets, remove the skin and cut into slices $\frac{1}{4}$ inch thick, then cross-cut the slices into $\frac{1}{4}$ inch squares and cubes. Add butter, salt and pepper to taste, and set on stove to keep hot. Prepare Biscuit as in Recipe No. I, and on removing from oven butter well and season lightly with salt and pepper. Place the buttered beets on top of Biscuit and serve. This is a beautiful, nourishing, and palatable dish. Carrots may be substituted for beets.

62 Creamed Spinach. One-half peck spinach, 6 Shredded Wheat Biscuit, $\frac{1}{4}$ teaspoon salt, $\frac{1}{4}$ teaspoon white pepper, $\frac{1}{2}$ cup heavy cream, 2 level tablespoons butter, salt and pepper. Pick over and wash the spinach till entirely free from grit,

put in a kettle without water and set on the stove where it will cook slowly till the juices are drawn out, then boil till tender. Drain and chop fine. Return to kettle, add butter, salt, pepper, and cream; heat but do not cook. Split the Biscuit with sharp pointed knife, sprinkle lightly with salt and pepper, toast lightly in oven. Dress with the prepared spinach and serve hot.

63 Onion Souffle. One cup white sauce, $\frac{1}{2}$ cup Shredded Wheat Biscuit crumbs or Granulated Wheat-Shred, 1 cup finely chopped, cooked, cold onions, $\frac{2}{3}$ cup milk, $\frac{1}{8}$ teaspoon white pepper, yolks 3 eggs, whites 3 eggs beaten dry, $\frac{1}{8}$ teaspoon salt. Soak the crumbs in the cold milk, add white sauce, onions, yolks, pepper, and last the beaten whites. Turn into buttered pudding dish and bake slowly forty-five minutes.

64 Fried Mushrooms. Two tablespoons butter, 1 can mushrooms, $\frac{1}{2}$ teaspoon salt, dash white pepper, 4 Shredded Wheat Biscuit, split, buttered, and toasted. Melt the butter, drain, rinse and wash the mushrooms dry, add to the hot butter, and fry 3 minutes on one side. Turn and fry 3 minutes on the other side, then arrange on the toasted halves of the Biscuit, salt and pepper. Serve with quarters of lemon.

65 Mushrooms in Shredded Wheat Biscuit Baskets. One can mushrooms (Champignons), 2 bouillon capsules, $1\frac{1}{2}$ tablespoons butter, 1 tablespoon chopped carrot, 1 bay leaf, a little parsley, $1\frac{1}{2}$ tablespoons Entire Wheat Flour, 1 tablespoon chopped onion, $\frac{1}{2}$ cup heavy cream, $1\frac{1}{2}$ cups boiling water, 5 Shredded Wheat Biscuit, salt to taste. Melt the butter in saucepan, add carrot, onion, bay leaf and parsley. Cook 10 minutes being careful that it does not burn. Then add flour, stir in a little at a time the boiling water in which capsules have been

dissolved. When it thickens, strain, return to sauce-pan and add mushrooms which have been drained and cut into thirds. Cook 5 minutes and add $\frac{1}{2}$ cup cream, then keep hot, but do not cook. Prepare the Biscuit by cutting with a sharp pointed knife an oblong cavity in the top of the Biscuit, cutting about $\frac{1}{4}$ inch from sides and ends; carefully remove top and take out all inside shreds, making basket shape. Place in a pan and toast lightly in oven, then fill with prepared mushrooms. Cover with the caps removed from the Biscuit and return to the oven: heat through, remove to a warm platter, remove the cap and garnish with parsley and quarters of lemon. Send to table with remaining sauce served in gravy boat or pitcher to be added at the table.

66 Mushrooms in Shredded Wheat Biscuit Cases. One tablespoon butter, 1 tablespoon flour, 1 cup white stock, 1 teaspoon salt, $\frac{1}{4}$ teaspoon pepper, 1 can button mushrooms, yolks 2 eggs, $\frac{1}{4}$ cup thin cream, juice 1 lemon. Shredded Wheat Biscuit Shells prepared as in last above recipe. Melt butter in an omelet pan, then add flour, stir and cook 2 minutes. Add the stock, salt and pepper and cook 2 minutes. Add the mushrooms, after they have been drained and rinsed in cold water, and cook 5 minutes. Add yolks of eggs, beaten with $\frac{1}{2}$ cup thin cream. Take from fire and add lemon juice, then keep hot but do not cook. Toast the Biscuit Shells lightly in oven, fill with the mixture and serve.

67 Escalloped Celery. Two bunches celery, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ cup hot celery water, $\frac{1}{2}$ cup thick cream, 2 level tablespoons butter, 2 level tablespoons Entire Wheat Flour, $\frac{3}{4}$ teaspoon salt, $\frac{1}{4}$ teaspoon paprika, 2 eggs, 3 Shredded Wheat Biscuit, rolled and sifted, or $\frac{3}{4}$ cup Granulated Wheat-Shred. Wash,

scrape, and cut the celery into small pieces, boil till tender. Just before removing from the fire add $\frac{1}{2}$ teaspoon salt, let come to a boil, and boil for 2 or 3 minutes. Drain and return to saucepan with $\frac{1}{2}$ cup hot celery water and $\frac{1}{2}$ cup thick cream in which has been mixed 2 level tablespoons butter blended with 2 level tablespoons Entire Wheat Flour. Season with $\frac{1}{4}$ teaspoon salt, $\frac{1}{4}$ teaspoon paprica, cook 3 minutes and cool. Butter a pudding dish, cover the bottom and sides with Shredded Wheat Biscuit crumbs. When the celery is cold, add 2 well beaten eggs and pour into the dish. Cover the top thickly with crumbs, add little bits of butter, cover and bake in hot oven $\frac{1}{2}$ hour, then remove cover and brown. Serve hot.

68 Banana Fritters. Three bananas, 2 Shredded Wheat Biscuit rolled or $\frac{1}{2}$ cup Granulated Wheat-Shred, $\frac{1}{2}$ pint milk, 3 eggs, $\frac{1}{4}$ teaspoon salt, $\frac{1}{2}$ cup Entire Wheat Flour. Beat the eggs till very light, add the rolled Shredded Wheat Biscuit, $\frac{1}{2}$ cup Entire Wheat Flour, a little salt, and the milk a little at a time. Peel and cut the bananas into pieces an inch in length. Stir into a batter, and then drop from a spoon into hot fat. Cook till a nice brown. Prepare apples or any kind of fruit in same way. Serve with sweet sauce. (Recipe No. 146.)

69 Bird's Nest Pudding. Six medium sized apples, 4 tablespoons butter, 2 Shredded Wheat Biscuit rolled and sifted or $\frac{1}{2}$ cup Granulated Wheat-Shred, 6 eggs, 1 quart milk, 1 cup sugar, $\frac{1}{2}$ teaspoon salt. Core and pare apples. Butter a pudding dish and sprinkle with the crumbs. Place apples in dish, fill the space left by removing core, with butter, and sprinkle the remainder of the crumbs over the apples. Beat the eggs and sugar together, add milk and salt, turn over the apples, and bake in slow oven till custard is set. Serve either hot or cold.

70 Steamed Blueberry Pudding. Three cups rolled and sifted Shredded Wheat Biscuit or Granulated Wheat-Shred, 1 cup Entire Wheat Flour, 1 cup sugar, $\frac{1}{2}$ cup butter, 1 level teaspoon salt, 2 teaspoons baking powder, 1 cup blueberries, $1\frac{1}{2}$ cups milk. Rub the butter into the crumbs, add the sugar and blueberries, then the flour, baking powder, and salt sifted together. Mix well and add the milk, stir in quickly and turn into a buttered mould, and steam $2\frac{1}{2}$ hours. Serve with hard or sweet sauce.

71 Peach Pudding—Foamy Sauce. Six peaches, 1 pint milk, $\frac{1}{2}$ cup rolled Shredded Wheat Biscuit crumbs or Granulated Wheat-Shred, $\frac{2}{3}$ cup sugar, 3 eggs, $\frac{1}{4}$ teaspoon salt, $\frac{1}{2}$ teaspoon cinnamon. Sauce:—Whites 2 eggs, 1 cup sugar, 1 cup scalded milk, and 1 lemon. Peel and slice the peaches, add milk, crumbs, sugar, eggs, salt, and cinnamon. Mix all together, turn into buttered pudding dish and bake till custard is set. Serve hot with the sauce, or cold with cream and sugar. Sauce:—Beat the whites of the eggs till foamy, add sugar and juice of the lemon. Beat all together and add the scalded milk, stirring constantly.

72 Cherry Pudding. One cup rolled and sifted Shredded Wheat Biscuit crumbs or Granulated Wheat-Shred, 2 cups milk, 1 cup seeded sweet canned cherries, 4 tablespoons sugar, 2 eggs (whites and yolks beaten separately). Beat the yolks, sugar, and crumbs together. Add the milk, and cherries drained free from juice, the whites of eggs and crumbs. Bake in slow oven till custard is set. Fresh cherries may be substituted.

73 Gooseberry Pudding. One quart gooseberries, $1\frac{1}{2}$ cups sugar, $\frac{1}{2}$ cup butter, 2 cups rolled and sifted Shredded Wheat Biscuit crumbs or Granulated Wheat-Shred, 1 pint milk, 3 eggs.

Stem and wash the gooseberries, put in a sauce-pan with $\frac{1}{2}$ cup sugar. Set back on stove, where they will cook slowly till cooked to a pulp. Rub through a sieve, add sugar, butter, crumbs, and milk. When cold add the eggs beaten light. Mix well, turn into a buttered pudding dish and bake $\frac{1}{2}$ hour in slow oven. Serve with hard sauce.

74 Prune Pudding. One pint milk, 3 eggs, $\frac{1}{2}$ cup sugar, 2 Shredded Wheat Biscuit rolled and sifted or $\frac{1}{2}$ cup Granulated Wheat-Shred, $\frac{1}{8}$ teaspoon cinnamon, 1 tablespoon butter, 1 cup chopped cooked prunes. Beat the eggs, sugar, salt, and cinnamon together. Add milk, stir well, turn over the Biscuit crumbs and chopped prunes. Put little bits of butter on top and bake slowly till the custard is set. Serve with lemon sauce.

75 Shredded Wheat Biscuit and Butter Pudding. One pint milk, 4 eggs, beaten separately, 1 cup sugar, 1 teaspoon salt, $\frac{1}{2}$ teaspoon vanilla, 5 drops almond, 2 Shredded Wheat Biscuit, 1 tablespoon butter, 3 tablespoons powdered sugar. Scald the milk, add sugar, yolks of three eggs, and 1 whole egg and salt well beaten, cook till it coats a spoon. Take from the fire and flavor with vanilla and almond. Split 2 Biscuit, butter each half and line a deep dish with same. Pour the custard over them and set away to cool. Before serving, beat the whites of 3 eggs and powdered sugar till light and dry, and put on top of pudding.

76 Shredded Wheat Biscuit Snow Pudding. One pint milk, 3 tablespoons rolled Shredded Wheat Biscuit crumbs or Granulated Wheat-Shred, $\frac{1}{8}$ box Knox's gelatine, $\frac{1}{8}$ cup cold water, $\frac{1}{2}$ cup of boiling water, 1 cup sugar, $\frac{1}{4}$ cup lemon juice, whites 3 eggs, yolks 3 eggs, 3 tablespoons sugar, $\frac{1}{8}$ teaspoon salt, $\frac{1}{2}$ teaspoon vanilla. Soak the gelatine in cold water till

soft, dissolve in the boiling water, add the sugar and lemon juice. Stir until the sugar dissolves and strain into a large bowl. Boil the Shredded Wheat Biscuit crumbs in $\frac{1}{2}$ pint water, strain and add to the gelatine, sugar, and lemon and set in ice water to cool. Beat the whites of the eggs and add to the cooled mixture and beat till stiff enough to drop from a spoon. Turn into mould to harden. Serve with a soft custard sauce made from the yolks of the eggs, 3 tablespoons sugar, salt, vanilla, and milk.

77 Steamed Fruit Pudding, No. 2. Three cups Shredded Wheat Biscuit crumbs sifted or Granulated Wheat-Shred, $\frac{3}{4}$ cup Entire Wheat Flour, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup butter, 2 teaspoons baking powder, 1 teaspoon salt, $\frac{1}{4}$ teaspoon cinnamon, $\frac{1}{4}$ teaspoon nutmeg, 1 wine glass sherry wine, $\frac{1}{2}$ cup Shredded Figs, $\frac{1}{2}$ cup Shredded Dates, $\frac{1}{2}$ cup Shredded Nuts (English walnuts and almonds), $2\frac{1}{4}$ cups milk. Have water boiling before beginning the pudding. Rub crumbs, butter, and sugar together, add flour and baking powder sifted together, spice, salt, fruit, nuts, wine; mix well, add the milk, turn into a buttered mould, and steam three hours.

78 Shredded Wheat Biscuit Steamed Fruit Pudding and Hard Sauce. Three cups rolled Shredded Wheat Biscuit, or Granulated Wheat-Shred, 1 cup entire Wheat Flour in which has been mixed $\frac{1}{2}$ teaspoon baking powder, $\frac{1}{2}$ cup butter, 1 cup washed and chopped raisins, 2 apples chopped with the raisins, $\frac{1}{4}$ teaspoon salt, $\frac{1}{4}$ teaspoon cinnamon, $\frac{1}{4}$ teaspoon nutmeg, $\frac{3}{4}$ cup molasses, 1 scant teaspoon soda, 2 cups sweet milk. Put the water on to boil before beginning the pudding. Then butter the mould. Mix the butter and rolled Shredded Wheat Biscuit together. Add the flour

in which the baking powder has been mixed, then the salt, cinnamon, nutmeg and chopped fruit. Mix well. Add the soda to the molasses, stir till foamy, add to the mixture. Mix and add the 2 cups of milk, stir it in well, pour into the buttered mould, cover and put into the kettle of boiling water and cook three hours. Serve with hard sauce.

79 Shredded Wheat Pudding. One pint milk, $\frac{1}{2}$ cup rolled and sifted Shredded Wheat Biscuit or Granulated Wheat-Shred, $\frac{1}{4}$ teaspoon salt, $\frac{1}{2}$ cup molasses, 3 eggs, $\frac{1}{2}$ teaspoon cinnamon. Beat the eggs, add salt, crumbs, molasses, and cinnamon. Mix well, beat in the milk, turn into a buttered pudding dish and bake, covered, 45 minutes in slow oven. Remove cover and brown. Serve with Hard Sauce (Recipe No. 145), or cool and serve with cream and sugar.

80 Shredded Wheat Biscuit Golden Jelly. One-quarter box Cox's gelatine, $\frac{1}{4}$ cup cold water, $\frac{1}{2}$ cup boiling water, 1 pint milk, $\frac{1}{2}$ cup Shredded Wheat Biscuit crumbs or Granulated Wheat-Shred, $\frac{1}{2}$ cup sugar, yolk 1 egg, and 1 whole egg beaten very light, $\frac{1}{2}$ cup cream whipped, $\frac{1}{2}$ teaspoon lemon, $\frac{1}{2}$ teaspoon vanilla. Put the gelatine to soften in the cold water for $\frac{1}{2}$ hour, then dissolve in the boiling water and strain. Put 1 pint of milk to scald with $\frac{1}{2}$ cup Shredded Wheat Biscuit crumbs, and let it cook for ten minutes after the milk is scalded, then add salt and sugar, stirring in thoroughly. Beat the eggs and whip the cream while the milk and crumbs are cooking. Then turn a little of the hot mixture on to the eggs, cut and fold in well and add to the rest of the hot milk and crumbs and cook 3 minutes. Take from the fire and add the flavoring and gelatine, stir in well, and last stir in gently the whipped cream. Pour into a mould that has been cooled and

wet with cold water. Set away in a cold place, or in ice water, till chilled and hardened.

81 Shredded Wheat Biscuit Silver Jelly. One-quarter box Cox's gelatine, $\frac{1}{4}$ cup cold water, $\frac{1}{2}$ cup boiling water, 1 pint milk, $\frac{1}{2}$ cup Shredded Wheat Biscuit crumbs or Granulated Wheat-Shred, $\frac{1}{2}$ cup sugar, pinch salt, whites 2 eggs well beaten, $\frac{1}{2}$ cup cream whipped, $\frac{1}{2}$ teaspoon vanilla, $\frac{1}{4}$ teaspoon rose. Put the gelatine to soften in the cold water for $\frac{1}{2}$ hour, dissolve with the boiling water, and strain. Put the milk to scald with the $\frac{1}{2}$ cup Shredded Wheat Biscuit crumbs, let them cook 10 minutes after the milk is scalded, add the salt and sugar and take from the fire. Have the whites of the eggs beaten and the cream whipped. Turn the hot mixture onto the whites, cut and fold in quickly. Add the dissolved gelatine and flavoring, stirring in well. Then mix in very gently the whipped cream and pour into a mould previously cooled and wet with cold water and set away in a cold place to harden. If wanted quickly set in chopped ice and cover to chill.

82 Shredded Wheat Biscuit Chocolate Jelly. One-third box Cox's gelatine, $\frac{1}{3}$ cup cold water, $\frac{1}{2}$ cup boiling water, $\frac{1}{8}$ cake Baker's chocolate, $\frac{2}{3}$ cup Shredded Wheat Biscuit crumbs or Granulated Wheat-Shred, $\frac{1}{2}$ cup sugar, pinch salt, 1 pint milk, 1 egg, $\frac{1}{4}$ cup cream whipped, $\frac{1}{2}$ teaspoon vanilla. Put the gelatine to soften in cold water, dissolve in boiling water and strain. Put the milk, Shredded Wheat Biscuit crumbs, and chocolate to scald and cook 10 minutes after the milk is scalded. Then add the sugar, salt, and egg, beaten together and cook 3 minutes. Take from the fire, stir in the gelatine and flavor, last stir in gently the whipped cream and pour into a mould wet and cooled in cold water and set away to harden in a cold place. Serve with cream and sugar.

83 Wine Jelly. One-half pint boiling water, $\frac{1}{2}$ pint Sherry or Madeira wine, and 2 Shredded Wheat Biscuit or $\frac{1}{2}$ cup Granulated Wheat-Shred, $\frac{1}{2}$ cup sugar. Cook 10 minutes, stirring to prevent its burning, turn into mould. When cold, turn the mould and serve plain or with cream.

84 Bi-metallic Jelly. Make recipes for Golden and Silver Jellies. Scald your mould, then cool in cold water, pour into it Silver Jelly 1 inch deep. Let set in cold place till it hardens, then add a layer of Golden Jelly. Proceed in this way till you have 3 layers of silver and 2 of golden, finishing with Silver Jelly—makes a showy and palatable combination.

85 "16 to 1" Jelly. Select mould with reference to shape and flutes, having a separate small circle in bottom of mould and 16 flutes. Fill the little circle with Golden Jelly. Let it harden, then fill the mould with Silver Jelly. When turned out you have a fair illustration of the 16 to 1 ratio.

86 Lemon Jelly in Shredded Wheat Biscuit Mould. One-half box gelatine, $\frac{1}{2}$ cup cold water, 1 cup boiling water, 1 cup sugar, $\frac{1}{2}$ cup lemon juice, 1 piece stick cinnamon 3 inches long, top halves 4 Shredded Wheat Biscuit, shaved peel of lemon, 1 pint boiling water. Soak the gelatine in cold water and dissolve with 1 cup boiling water. Add the lemon juice and sugar. Put the shaved rind and cinnamon to boil in the pint of boiling water, boil 10 minutes. Add the liquid to the gelatine, sugar, and lemon juice, and strain. Line a mould with the top halves of Biscuit, first dipping them in milk and draining off all the milk possible. Turn in the above preparation and set away to harden. Turn out and serve with cream and sugar.

87 Orange Baskets Filled With Wheat-Shred Drink Jelly. One-half dozen oranges, $\frac{1}{2}$ box gelatine, $\frac{1}{2}$ cup cold water,

1 pint boiling hot Wheat-Shred Drink, $\frac{1}{2}$ cup sugar, white 1 egg, 1 cup whipped cream, 2 tablespoons powdered sugar. Soak the gelatine in cold water $\frac{1}{2}$ hour or more, add the boiling liquid, sugar, white 1 egg beaten to a stiff froth, and bring to a boil. Remove from fire; wait 1 minute, strain and set away to harden. Cut on the peel of the orange a basket with handle. Remove loose section of peel and then the pulp of the orange. Place the baskets in cold water to keep fresh till you have the required number prepared. Then fill with the jelly, cut into cubes, and dressed with whipped cream sweetened with powdered sugar.

88 Wheat-Shred Drink Jelly. One box Cox's gelatine, 1 pint cold water, 1 quart boiling hot Wheat-Shred Drink, 1 cup sugar, whites 2 eggs. Put the gelatine to soak in the cold water for $\frac{1}{2}$ hour or more, then dissolve with the quart of boiling liquid. Add the sugar, then the whites of the eggs beaten to a stiff froth, stir in well and put on the fire to boil (do not stir). Let it come to a boil, then remove from fire. Let it stand 1 minute, skim and strain through a flannel bag. Turn into mould wet with cold water and set away to harden. Serve with cream and sugar.

89 Wheat-Shred Drink Jelly With Fruit. Prepare the liquid jelly same as for Wheat-Shred Drink Jelly. Then place a layer of bananas, peaches, strawberries, oranges or candied fruits in mould that has been wet with cold water. Pour over the fruit $\frac{1}{4}$ of the liquid. Let it stand until it begins to set, add another layer of fruit, then $\frac{1}{4}$ more liquid, and proceed in this way until mould is filled, having last layer jelly. Set away to harden. Serve with cream. Two or more kinds of fruit or berries may be used.

90 Russian Cream. One quart milk scalded, $\frac{1}{4}$ box Cox's gelatine, 6 eggs beaten separately, 1 cup sugar, top halves 3 Shredded Wheat Biscuit. Soak the gelatine in a little of the milk before scalding, dissolve with a little of the hot milk, and add with the yolks and sugar to the rest of the hot milk. Cook 2 minutes, turn on to beaten whites, folding them in. Line mould with top halves of the biscuit, and turn over them the mixture. Set away in cool place to harden.

91 Orange Cream. Juice and grated rind 2 oranges, juice 1 lemon, $\frac{1}{2}$ cup sugar, 3 eggs beaten separately, $\frac{1}{4}$ cup sugar, tops 3 Shredded Wheat Biscuit. Put juice and grated rind of orange and juice of lemon with $\frac{1}{2}$ cup sugar in double boiler. Beat the three yolks very light, add $\frac{1}{4}$ cup sugar and beat again. When sugar in double boiler has dissolved add sugar and yolks and cook like a boiled custard. When thickened add the whites of the eggs beaten dry, folding them in. Pour in a glass dish in which are the top halves of the biscuit moistened lightly with milk and drained dry. Serve very cold.

92 Almond Charlotte. Half cup blanched almonds, $\frac{1}{4}$ cup sugar, $\frac{1}{2}$ pint cream, $\frac{1}{4}$ cup powdered sugar, whites 2 eggs, 10 drops almond extract, 1 cup milk, 1 teaspoon sherry wine, tops 3 Shredded Wheat Biscuit. Chop the blanched almonds and caramel in $\frac{1}{4}$ cup sugar. Let them get cold and pound to a paste. Whip the cream, add powdered sugar, whites of the eggs beaten dry, almond flavoring and the pounded almonds. Mix well and turn into a bowl in which you have put the tops of the Biscuit lightly moistened in 1 cup milk flavored with 1 teaspoon sherry wine. When ready to serve, turn out and serve as any charlotte.

93 Spanish Cream. Half box Cox's gelatine, $\frac{1}{2}$ cup cold water, $1\frac{1}{2}$ cups boiling water, 1 quart milk, 3 eggs beaten separately, 3 tablespoons sugar, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ cup Shredded Wheat Biscuit crumbs rolled and sifted or Granulated Wheat-Shred, 1 tablespoon vanilla. Soften the gelatine in the cold water, dissolve in the boiling water and strain. Put 1 quart milk to scald. Beat the yolks of the eggs with sugar and salt, and add to scalded milk. Cook till it coats a spoon, then take from fire and add the whites of the eggs beaten stiff. Fold in, then add gelatine, last, the crumbs and vanilla. Stir, and turn into moulds wet and cooled with cold water.

94 Charlotte Russe. Quarter box gelatine, $\frac{1}{4}$ cup cold milk, $\frac{1}{4}$ cup boiling milk, 1 pint cream, $\frac{1}{3}$ cup powdered sugar, $\frac{1}{2}$ teaspoon vanilla, 5 drops almond, halves 3 Shredded Wheat Biscuit. Soften the gelatine in cold milk, dissolve in hot milk and strain. Chill the cream and whip, add powdered sugar and vanilla. Stir in quickly the strained gelatine till thoroughly mixed with the cream. Beat and when stiff enough to drop, turn into a mould wet with cold water and lined with the halves of Shredded Wheat Biscuit, dipped in the milk, vanilla, and almond, and thoroughly drained. Set in cold place till ready to serve, then turn out and garnish with cubes of jelly.

95 Shredded Wheat Biscuit With Apple Sauce. Six Apples, $\frac{1}{2}$ cup sugar, 1 cup boiling water, 6 Shredded Wheat Biscuit. Wash, pare, and quarter the apples. Put them in a sauce-pan with the boiling water, stew slowly till tender, keeping the sauce-pan covered. When tender add the sugar, stir gently till the sugar is dissolved. Pour into earthen dish and set away to cool. Split the Biscuit lengthwise and put $\frac{1}{2}$ inch layer of the apple sauce between the halves. Serve with cream and sugar.

96 Shredded Wheat Biscuit with Peaches. Twelve ripe peaches, 1 cup granulated sugar, 6 Biscuit, 1 pint milk, 1 cup cream whipped. Peel and cut the peaches into small pieces, add the sugar and set on the ice 1 hour. When ready to serve dip the Biscuit in the cold milk, drain off as much milk as possible, place on the plate on which it is to be served and let stand five minutes. Put a layer of the peaches over the top, using the syrup also, then dress with the whipped cream.

97 Shredded Wheat Biscuit and Stewed Prunes. One lb. prunes, 4 cups cold water, $\frac{1}{2}$ cup sugar, 1 lemon sliced, 6 Shredded Wheat Biscuit, 1 pint milk. Wash the prunes thoroughly, put in sauce-pan with water and sliced lemon. Simmer slowly till tender enough for seed to slip out, then add sugar, and when all is dissolved remove seed and set away to get cold. Prepare the Biscuit as for recipe No. 1, and serve with prunes in place of cream and sugar, using syrup.

98 Blackberry Shortcake. One quart blackberries, 4 Shredded Wheat Biscuit, $\frac{2}{3}$ cup sugar, 1 pint cream. Pick over and wash the blackberries, crush half of them, and add $\frac{1}{2}$ cup sugar. Split the Biscuit lengthwise with a sharp pointed knife, put a layer of the crushed fruit between the halves, letting the juice saturate the Biscuit, then place top of the Biscuit over the crushed berries. Cover the top with whole berries, sprinkle with the remainder of the sugar and serve with cream. The Biscuit may be prepared in the same way with strawberries, raspberries or currants.

99 Blueberry Shortcake. One quart blueberries, $\frac{2}{3}$ cup granulated sugar, 6 Shredded Wheat Biscuit, 1 pint milk, 1 cup cream whipped. Pick over and wash the berries, sprinkle

with the sugar and set in a cold place till chilled. Split the Biscuit lengthwise with a sharp pointed knife. Dip the bottom half in the milk, drain off all the milk possible, then cover with a layer of the berries. Dip the top, drain, and cover the berries, and place another layer of berries on top. Dress with the whipped cream.

100 Lemon Tarts. Six lemons, 3 eggs, $\frac{2}{3}$ cup sugar, 1 cup cold water, $\frac{1}{3}$ box gelatine, $\frac{1}{3}$ cup cold water, 6 Shredded Wheat Biscuit. Put juice and grated rind of lemon with water and sugar in double boiler. When it reaches the boiling point add eggs well beaten. Cook till like a boiled custard, then add the gelatine that has been soaked in the $\frac{1}{3}$ cup cold water at least $\frac{1}{2}$ hour. Stir constantly till the gelatine is dissolved. Turn out and put in cold place. Cut the Biscuit crosswise into 3 equal parts, being careful not to break the parts, remove the loose inside shreds and fill the cups thus formed with the lemon jelly.

101 Blackberries and Whipped Cream. One can blackberries or 1 quart fresh berries, $\frac{1}{4}$ cup of sugar, 6 Shredded Wheat Biscuit, 1 pint milk, 1 cup cream, 2 tablespoons powdered sugar. Rub the berries through a sieve, saving all the juice and pulp, sweeten with $\frac{1}{4}$ cup sugar and set in a cold place. Prepare the Biscuit as directed in recipe No. 1, and when hot remove to plates on which they are to be served. Saturate with the prepared blackberries and serve with whipped cream.

102 Bananas with Shredded Wheat Biscuit. Six Shredded Wheat Biscuit, 4 bananas, 1 pint milk, $\frac{1}{4}$ cup fine granulated sugar, 1 cup cream whipped, 2 tablespoons powdered sugar. Peel and slice the bananas with a silver knife, cover with the granulated sugar, and set in a cool place. Prepare the Biscuit

by dipping in the milk, drain off all the milk possible, place on the plates on which they are to be served. Split and fill with the prepared bananas, put the top half back. Put layer of bananas on top, cover with whipped cream sweetened with the powdered sugar, and decorate with little cubes of bright jelly.

103 Jellied Apples in Biscuit Cups. Six apples, 6 Shredded Wheat Biscuit, 3 cups water, 1 pint milk, 1 cup sugar, $\frac{1}{4}$ box pink gelatine (Plymouth Rock), $\frac{1}{4}$ cup cold water, juice 1 lemon and half the grated rind. Put gelatine to soften in $\frac{1}{4}$ cup cold water. Wash, core, pare the apples, and put them to cook in the water, simmering gently till tender. Line 6 cups with the top halves of the Biscuit dipped in the milk and drained so as to be easily shaped in the cup. When the apples are tender, remove to a colander to drain, then place one in each cup. Add to the water in which the apples were cooked, the sugar, softened gelatine, lemon juice and rind, and cook till it reduces $\frac{1}{3}$. Turn this mixture over the apples till the cups are full. If there is any syrup left, save it to fill the cups as the mixture cools. When cold and firm, turn out and serve with cream and sugar.

104 Friar's Omelet. Twelve medium sized tart apples, 2 eggs beaten separately, 1 cup sugar, juice half a lemon, 1 cup rolled and sifted Shredded Wheat Biscuit crumbs or Granulated Wheat-Shred, $1\frac{1}{2}$ tablespoons butter. Pare and quarter the apples. Wash, steam, and drain till dry. Add the yolks of the eggs, sugar, and lemon juice, beat well, then mix in the beaten whites. Brown the crumbs in the butter in an omelet pan. Butter a pudding dish, sprinkle the sides and bottom thickly with the browned crumbs. Fill with the prepared

apple and cover with browned crumbs. Bake 30 minutes. When cold, turn out and serve with cream.

105 Apple Charlotte. Eight medium sized tart apples, 4 Shredded Wheat Biscuit, 3 cups water, $\frac{1}{2}$ cup sugar, $\frac{1}{8}$ teaspoon nutmeg, 4 level tablespoons butter. Wash, pare and quarter the apples, put in sauce-pan with water and sugar, and stew slowly, covered, till tender. Then add nutmeg, and mix it thoroughly. Split the Biscuit lengthwise, dip the bottom halves in 2 tablespoons butter melted. Butter a pudding dish and place the dipped halves in the dish on the bottom and sides. Turn in the prepared apples, cover with the tops of the Biscuit on which put bits of butter. Cover and bake 1 hour.

106 Peach Fluff. One quart water, $\frac{1}{2}$ teaspoon salt, 4 Shredded Wheat Biscuit rolled and sifted or 1 cup Granulated Wheat-Shred, 6 peaches peeled and sliced fine, whites 2 eggs beaten light. Bring water to a boil, add salt and crumbs. Cook slowly 10 minutes, stirring to prevent burning, then add sliced peaches and cook 5 minutes. Remove from fire and turn on to beaten whites, cut and fold in quickly. Turn into a mould previously wet and cooled with cold water, and set away in cold place. Turn out and serve with cream and sugar.

107 Blueberry Fluff. One quart boiling water, 4 Shredded Wheat Biscuit or 1 cup Granulated Wheat-Shred, 1 teaspoon salt, 1 cup blueberries, white 1 egg. Put the Shredded Wheat Biscuit into the boiling water, add the salt and cook 15 minutes, stirring to prevent burning. Take from the fire, add the white of the egg beaten to a stiff froth, and the cup of blueberries. Turn into a mould or bowl previously wet with cold water. When cold, turn out and serve with cream and sugar.

108 Shredded Wheat Biscuit Fluff. One quart water, $\frac{1}{2}$ teaspoon salt, 4 Shredded Wheat Biscuit rolled and sifted or 1 cup Granulated Wheat-Shred, whites 2 eggs beaten stiff. Bring the water to a boil, add salt and Biscuit crumbs. Cook slowly 10 minutes, stirring to prevent scorching. Remove from fire, and turn onto whites of eggs, cut and fold in thoroughly and turn into mould previously wet and cooled with cold water. Set away till cold. Serve with cream and sugar, or use it hot like any breakfast cereal—excellent either way.

109 Blanc Mange. One quart milk, $\frac{1}{2}$ cup sugar, 4 Shredded Wheat Biscuit rolled and sifted or 1 cup Granulated Wheat-Shred, white 1 egg, 1 teaspoon vanilla. Scald the milk in double boiler, keeping it covered, add Biscuit crumbs, cooking slowly 15 minutes, stirring well. Remove from fire, turn on to the beaten white of egg. Stir in thoroughly, add vanilla and turn into a mould wet and cooled with cold water. Set away in cold place. Turn out and serve with cream and sugar.

110 Chocolate Blanc Mange. One quart milk, $\frac{1}{2}$ teaspoon salt, 4 Shredded Wheat Biscuit rolled and sifted or 1 cup Granulated Wheat-Shred, $\frac{1}{2}$ cup sugar, $\frac{1}{8}$ cake Baker's chocolate, white 1 egg. Put the chocolate into milk, scald and add rolled Biscuit, and salt, and cook 15 minutes. Add sugar, cook 5 minutes, then remove from fire. Turn onto the white of the egg beaten stiff, cut and fold, and add vanilla. Turn into a mould wet and cooled with cold water. Set away in a cold place to harden. Turn from mould and serve with cream and sugar.

111 Shredded Wheat Biscuit Dainties. Split the Biscuit lengthwise and dip the bottom half quickly into cold milk, and place on plate on which it is to be served. Spread lightly with currant, crab apple, or grape jelly. Dip the top half in the

milk, drain off all the milk possible, and cover the jelly. Spread the top in the same manner, and decorate with little mounds of whipped cream, part of which may be colored with a little of the jelly whipped into the cream; place in alternate mounds, capped with a little cube of the jelly. The Biscuit may be prepared and found very palatable, by substituting nuts and dates, or nuts and figs, chopped together, in place of the jelly, capping the cream with nuts.

112 Prune Pie. One lb. prunes thoroughly washed, 4 cups cold water, $\frac{1}{2}$ cup sugar, 1 lemon sliced, 6 Shredded Wheat Biscuit, 1 pint milk, 1 cup cream whipped. Put the prunes, lemon, and cold water in a sauce-pan on the fire, and stew slowly till tender enough for the seed to slip out. Then add the sugar and when it is dissolved remove from fire. Turn the syrup off and set aside to cool. Remove lemon, and seeds from prunes, and chop the prunes into small pieces. Prepare the Biscuit by first heating thoroughly in the oven, then dip in cold milk, drain off all the milk possible, place on plate on which it is to be served, and moisten with fruit syrup. Place enough prunes on Biscuit to be at least $\frac{1}{2}$ inch thick when distributed evenly. Distribute the prunes with a knife so as to be flat on top, and straight and square on ends and sides. With knife spread top dressing of whipped cream lightly over top, sides, and ends, allowing the fruits to show through. The cream may be ribbed with a fork made hot in boiling water.

113 Apple Pie. One-half lb. evaporated apples or 6 large apples, 1 lemon, $\frac{1}{2}$ cup sugar, 6 Shredded Wheat Biscuit, 1 pint milk, 1 cup cream whipped, 4 cups cold water. Core, pare, and quarter the apples, if fresh apples are used, or wash and pick over the evaporated apples. Add the water and lemon, and

stew slowly till tender, then add the sugar, and when it is dissolved, take from the fire. Strain off all the syrup, cut the apples into small pieces, then proceed as in recipe for prune pie.

114 Apricot Pie. One lb. dried apricots, 4 cups cold water, $\frac{1}{2}$ cup sugar, 4 Shredded Wheat Biscuit, 1 pint milk, 1 cup whipped cream. Wash the apricots thoroughly, put to cook in cold water, and stew slowly till tender. Add sugar, and when dissolved pour off all the syrup, and cut the apricots into small pieces, then proceed as for prune pie. Prepare dried peaches in the same way.

FRESH FRUITS:—Fresh apricots or peaches may be used without cooking by adding 1 cup cold water and sugar, letting them set in cool place 1 hour; then proceed as for stewed fruit. Fresh plums or cherries may be treated same as dried apricot, removing the seed. Cranberries may be used by making into a jelly and using meringue for top dressing. Any of the above fruit preparations may be put into Biscuit shells, first toasting the shells. Then moisten with fruit syrup and cover with rolled and sifted Shredded Wheat Biscuit crumbs or Granulated Wheat-Shred. Heat thoroughly in oven, and serve as any pie.

115 Lemon Pie. Six lemons, 1 cup sugar, 1 pint cold water, 3 eggs, 2 tablespoons Knox's gelatine, 2 teaspoons cold water, 6 Shredded Wheat Biscuit, 1 pint milk, whites 3 eggs, 3 level tablespoons powdered sugar. Put sugar, juice and grated rind of lemons and water in double boiler and bring to boiling point. Add eggs well beaten, and gelatine that has been softened in cold water. Cook until thick as cream. Remove from fire and let set in cool place until it hardens. Prepare the Biscuit as for prune pie. Then split and place between the halves a layer

of lemon. Put top on, and spread a layer of lemons on top. Frost with meringue made of the whites of 3 eggs and powdered sugar browned lightly. Orange pie may be made in same way using 5 oranges and 1 lemon.

116 Strawberry Snow. One quart strawberries, $\frac{1}{2}$ pint water, 3 tablespoons Shredded Wheat Biscuit crumbs or Granulated Wheat-Shred, $\frac{1}{8}$ box Knox's gelatine, $\frac{1}{8}$ cup cold water, $\frac{1}{2}$ cup boiling water, 1 cup sugar, juice $\frac{1}{2}$ lemon, whites 3 eggs beaten dry. Cook the crumbs in the $\frac{1}{2}$ pint of water 8 minutes. Soak the gelatine in the cold water till soft, dissolve with the boiling water, strain, add sugar, and $\frac{1}{4}$ cup of strawberry juice, and lemon juice. Rub the cooked crumbs through a puree sieve, and add the above mixture a little at a time, stirring till smooth. Line a charlotte russe mould with alternate diagonal lines of strawberries cut into halves, using 1 pint of the berries and the tops of the Biscuit cut into thirds, first dipping in cold milk and drain thoroughly. Set the gelatine mixture into ice water, and when it begins to set, beat up light, and add the whites of eggs. Beat till it will drop from a spoon, then stir in quickly $\frac{1}{8}$ cup strawberries cut into small pieces, stirring in quickly but gently. Turn into lined mould, set in ice water till set, then turn out and garnish with whipped cream.

117 Apricot Snow. Quarter lb. dried apricots or 6 fresh ones, 4 top halves Shredded Wheat Biscuit, 3 tablespoons Shredded Wheat Biscuit Crumbs or Granulated Wheat-Shred, $\frac{1}{2}$ pint water, $\frac{1}{8}$ box Knox's gelatine, $\frac{1}{8}$ cup cold water, $\frac{1}{2}$ cup boiling water, 1 cup sugar, whites 3 eggs beaten dry. Stew apricots slowly in water enough to cover them until tender, drain off the syrup, then beat to a pulp. Soak the gelatine in

the cold water till soft, dissolve in the boiling water and strain, then add sugar and pulp. Cook the crumbs in $\frac{1}{2}$ pint water 8 minutes, rub through a puree sieve, add to the above mixture and stir in until smooth. Set in ice water to get cold, then add the whites of the eggs, and beat until it drops from a spoon. Dip the halves of the Biscuit in cold milk, drain and put into a charlotte russe mould at ends and sides. Turn in the snow and set in ice water until wanted. Turn out and garnish with syllabub.

118 Strawberry Shortcake. One quart strawberries, $\frac{2}{3}$ cup granulated sugar, 6 Shredded Wheat Biscuit, 1 pint milk, 1 cup cream whipped or plain. Pick over and wash the berries. Crush half of them, sprinkle with the sugar, and set in a cold place till chilled. Split the Biscuit lengthwise with a sharp pointed knife. Dip the bottom half in the milk, drain off all the milk possible, then cover with a layer of the crushed berries, allowing the liquid to saturate the shreds. Dip the top half of the Biscuit, drain and cover the berries. Place layer of whole berries on top, and dress with the cream. Strawberries may be served very nicely in Shredded Wheat Biscuit baskets, by filling the baskets with crushed berries, and bedding whole berries on top of the crushed ones. See recipe No. 65 for preparing the baskets. The Biscuit may be prepared in the same way with raspberries, blackberries, bananas, peaches or any suitable berries or fruit.

119 Prune Jelly. One lb. prunes, 1 cup cold water, 6 tablespoons Shredded Wheat Biscuit Crumbs or Granulated Wheat-Shred, 1 pint water, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup boiling water, whites 2 eggs, $1\frac{1}{2}$ tablespoons Knox's gelatine (scant), $1\frac{1}{2}$ tablespoons cold water, 1 cup fruit syrup hot. Wash the prunes thoroughly

and put in double boiler with the cup of cold water. Cover and steam until tender, then dissolve the sugar in the boiling water and add to the prunes. Cook 10 minutes and then turn off the syrup, and keep 1 cup of it hot. Stone the prunes, and press through a fine sieve. Measure 1 cup and put in a large bowl. Cook the crumbs in the pint of water 10 minutes and put through sieve, then add to the sifted prunes, mix well. Add the gelatine that has been softened in the $1\frac{1}{2}$ tablespoons cold water dissolved in the hot fruit syrup, and strain. Beat in well, set in ice water until chilled, then add the whites of the eggs beaten stiff, and whip until it will drop from a spoon, then turn into mould scalded, and chilled with cold water. Set in cold place. Serve with cream. Figs and dates may be prepared in the same manner, with the addition of juice of 1 lemon.

120 Hot Apple Pie. Six apples (tart), $\frac{1}{2}$ cup water, $\frac{1}{2}$ cup sugar, 6 Shredded Wheat Biscuit, 1 cup of cream. Pare, core, and quarter the apples. Add sugar and water. Cover and stew slowly, or bake until tender. Prepare the Biscuit as for substitute for pancakes (as in recipe No. 7), including butter, then add hot apples, covering the top with $\frac{1}{2}$ inch layer, distributing evenly, and making square and straight on ends and sides. Serve with top dressing of cream, or whipped cream.

121 Fig Pie. One pound pulled figs, 4 cups cold water, 1 lemon, $\frac{1}{2}$ cup sugar, 1 pint cold milk, 1 cup cream, 6 Shredded Wheat Biscuit. Wash the figs and put in double boiler with cold water and lemon cut into slices. Cook until tender, then add sugar, and when it is dissolved turn off the syrup, and rub the figs through fine sieve. Prepare the Biscuit as for prune

pie, then put $\frac{1}{2}$ inch layer of fig pulp on the top, distributing evenly, making square on ends and sides. Serve with top dressing of whipped cream spread over evenly and scored with a fork made hot by dipping in hot water.

WHEAT-SHRED DRINK.

122 Directions for Making Wheat-Shred Drink. Use 7 parts boiling water to 1 part Wheat-Shred. Put Wheat-Shred in cheese cloth bag in coffee pot. Turn the boiling water on the Wheat-Shred and boil 5 minutes. Remove the bag, bring the clear liquid to a boil, serve with cream and sugar while hot. Never fill the sack more than half full and tie near the top.

123 Shredded Wheat Biscuit Brown Bread. Two cups Shredded Wheat Biscuit crumbs or Granulated Wheat-Shred, 1 cup corn meal, $\frac{1}{2}$ teaspoon salt, 1 cup molasses, $1\frac{3}{4}$ cups sweet milk, $\frac{1}{2}$ cup sour milk, 1 teaspoon soda. Have the water boiling before beginning the bread. Mix the crumbs, corn meal, and salt, add the molasses in which has been mixed $\frac{1}{2}$ of the teaspoon of soda. Then add $1\frac{3}{4}$ cups of milk and last the $\frac{1}{2}$ cup sour milk, to which has been added the remaining $\frac{1}{2}$ teaspoon of soda, stirring till it effervesces. Turn into buttered brown bread mould, cover tightly and steam 3 hours.

124 Stuffed Fillets of Fish with Sauce Tartare a la English. Three lb. haddock, $\frac{1}{3}$ can salmon, $\frac{1}{2}$ cup White Sauce (see recipe No. 144), $\frac{1}{4}$ cup Shredded Wheat Biscuit crumbs or Granulated Wheat-Shred, 2 teaspoons lemon juice, $\frac{1}{2}$ teaspoon salt, $\frac{3}{4}$ teaspoon paprica. Sauce, $\frac{1}{3}$ teaspoon mustard, $\frac{1}{3}$ teaspoon salt, $\frac{1}{3}$ teaspoon paprica, $\frac{1}{3}$ teaspoon powdered sugar, yolk of 1 small egg, $\frac{2}{3}$ cup Lucca oil, 1 tablespoon finely

minced capers, 1 tablespoon finely minced parsley, 1 tablespoon finely minced rind of lemon, 1 tablespoon lemon juice, 1 tablespoon vinegar. For crumbing; 1 egg, 1 tablespoon water, 2 cups crumbs. Make 8 fillets of the fish, sprinkle with salt and white pepper. Make force meat of the salmon picked fine, after the oil and bones have been taken from it, then add $\frac{1}{4}$ cup Shredded Wheat Biscuit crumbs or Granulated Wheat-Shred, lemon juice, $\frac{1}{2}$ teaspoon salt, $\frac{3}{4}$ teaspoon paprica, and $\frac{1}{2}$ cup white sauce. Mix well and spread each fillet with the mixture, roll and fasten with little wooden skewers; roll in egg and crumbs and fry in deep fat. Serve with Tartare sauce, made in the following manner: Mix the mustard, salt, paprica, and powdered sugar, add the yolk of egg and then the oil a little at a time till all is smoothly blended, thinning as it thickens with the lemon juice and vinegar added alternately, then add the minced parsley, capers, and lemon rind. If the sauce should become curdled, the addition of a little raw egg will restore the smoothness. Garnish with Potato Croquettes.

125- Sardine Sandwich. One-half pound box sardines, yolks 6 hard cooked eggs, $1\frac{1}{2}$ level tablespoons butter, 1 tablespoon lemon juice, 1 tablespoon finely minced parsley, 8 Shredded Wheat Biscuit. Wipe the oil from the sardines, skin and pound to a paste with the yolks of the hard-cooked eggs. Add the butter and lemon juice, mix well, then add the parsley. Split the Biscuit, remove loose shreds, crisp in oven, then let stand 5 minutes to cool. Butter the halves lightly, spread with the mixture and put halves together. With sharp pointed knife inserted from top, cut sandwich $\frac{3}{4}$ across into 4 equal parts. For picnic or travelers' lunch wrap in tissue paper.

126 Chicken or Beef Loaf. Two cups finely minced chicken or beef, $1\frac{1}{2}$ cups Shredded Wheat Biscuit crumbs or Granulated

Wheat-Shred, 1 teaspoon salt, $\frac{1}{2}$ teaspoon celery pepper, $\frac{1}{4}$ box Cox's Gelatine, $\frac{1}{4}$ cup cold water, 1 cup hot stock. Soak the gelatine in the cold water $\frac{1}{2}$ hour, dissolve in hot stock, add to the minced chicken, Shredded Wheat Biscuit crumbs or Granulated Wheat-Shred, and seasoning that have been thoroughly mixed, stir well and turn into a mould that has been well buttered. Set away to get thoroughly cold. Slice and serve for lunch. Good for picnics.

127 Champignons Aux Fromage a la Shredded Wheat Biscuit. One can mushrooms, 1 teaspoon lemon juice, 2 tablespoons butter, 1 tablespoon Entire Wheat Flour, 1 bouillon capsule, 1 cup boiling water, $\frac{1}{4}$ teaspoon salt, $\frac{1}{8}$ teaspoon white pepper, 3 tablespoons grated cheese, 3 Shredded Wheat Biscuit. Drain all the liquid from the mushrooms, then let cold water run through them for a minute, dry and cut in halves. Dissolve the bouillon capsule in the cup of boiling water, melt the butter in a frying pan, add the mushrooms and cook slowly till a golden brown (about 3 minutes), add the lemon juice, mix well and add salt, pepper and flour. Stir slowly and add a little at a time the cup of water in which the capsule has been dissolved, stir, cooking till thick and smooth, then add the grated cheese and as soon as it is melted, set back from the fire, keep hot but do not cook. Split the Shredded Wheat Biscuit, toast lightly, place on a platter, arrange the mushrooms on the halves, pour over them the remaining sauce and serve hot.

128 Baked Mushrooms on Shredded Wheat Biscuit Toast. One can mushrooms, or 2 dozen medium sized fresh ones, $\frac{3}{4}$ cup milk, $\frac{1}{2}$ cup cream, or $1\frac{1}{4}$ cups thin cream, 3 Shredded Wheat Biscuit, salt, white pepper, $1\frac{1}{2}$ tablespoons butter.

For canned mushrooms, drain out all the liquid in the can and let cold water run through them for a minute, dry and cut off stems with silver knife. Place in shallow pan cap side up, season lightly with salt and pepper, place bits of butter on the caps, add $\frac{3}{4}$ cup milk and $\frac{1}{2}$ cup cream, or $1\frac{1}{4}$ cups thin cream, cover and bake, set in pan of hot water 12 minutes. Arrange the mushrooms on toasted halves of Shredded Wheat Biscuit, and turn over them the remaining cream from the pan. Serve at once. If fresh mushrooms are used, wash, remove stems, and peel caps, then proceed as for canned ones.

129 Mushrooms with Tomato Sauce in Biscuit Baskets. One can mushrooms, 2 tablespoons Entire Wheat Flour, 2 tablespoons butter, $1\frac{1}{2}$ teaspoons scraped onion, $1\frac{1}{2}$ teaspoons scraped carrot, $\frac{1}{8}$ teaspoon white pepper, $\frac{1}{2}$ teaspoon salt, 2 cups strained tomatoes, 5 Shredded Wheat Biscuit, $\frac{1}{8}$ teaspoon celery salt. Rinse the mushrooms in cold water, dry and cut into thirds. Melt the butter in frying pan, add onion and carrot, cook 2 minutes, then add mushrooms and cook slowly for 5 minutes, then add flour, stir well and add the tomato a little at a time. Cook slowly till thick and smooth, then add seasoning; keep hot but do not cook. Prepare Biscuit as directed in Recipe 65, fill with prepared mushrooms, heat in oven 5 minutes, remove to warm plates and serve with remaining sauce turned over them.

130 Creamed Peas in Biscuit Baskets. One quart cooked green peas or 1 can peas, 2 cups milk, 2 tablespoons Entire Wheat Flour, 2 tablespoons butter, $\frac{1}{2}$ teaspoon salt, $\frac{1}{8}$ teaspoon paprika, 1 teaspoon scraped onion, 6 Shredded Wheat Biscuit, 1 tablespoon butter, 1 teaspoon salt. If green peas are used, cook in boiling unsalted water till tender. Just before they

are done, add 1 teaspoon salt. Then drain and add 1 level tablespoon butter. Make a white sauce of the milk, butter, flour, salt, paprika, and onion juice, cook 2 minutes and add the peas. Prepare the Baskets by cutting with a sharp pointed knife an oblong cavity in the top of Biscuit, $\frac{1}{4}$ inch from ends and sides. Remove top and all inside shreds. Toast a light brown in oven, fill with the creamed peas and serve hot, with remaining sauce sent to the table in a pitcher, to be added there.

131 Creamed Parsnips on Shredded Wheat Biscuit Toast. Six parsnips, 5 Shredded Wheat Biscuit, $1\frac{1}{2}$ tablespoons butter, $1\frac{1}{2}$ tablespoons Entire Wheat Flour, 1 cup milk, $\frac{1}{2}$ cup water in which parsnips are boiled, $\frac{1}{4}$ teaspoon salt, $\frac{1}{8}$ teaspoon pepper. Wash and scrape the parsnips and boil in salted water till tender. Drain off the water, saving $\frac{1}{2}$ cup, which add to the milk. Cover the parsnips with a towel and set where they will keep hot. Make a sauce by blending in sauce-pan on the stove the butter and flour, add milk and parsnip water. Stir slowly till thick and smooth, add salt and pepper, then cut the parsnips into four slices, put in hot sauce and let them stand where they will keep hot but not cook, while you split the Biscuit and toast a light brown. Then arrange the parsnips on the toast, turn the remaining sauce over them and serve hot. Cream carrot may be prepared in the same way, or cut in cubes and served in Biscuit baskets, with the sauce.

132 Parsnip Balls. Four large parsnips, 2 tablespoons butter, $\frac{1}{2}$ teaspoon salt, $\frac{1}{16}$ teaspoon white pepper, 2 tablespoons cream, 1 egg. Wash, scrape, and boil the parsnips till tender, turn off all the water, and mash the parsnips. Add butter, salt,

pepper, and cream, return to fire and cook till the mixture bubbles, taking care that it does not burn. Then take from fire and add the egg beaten light, set away till cold, then form into balls, roll in Shredded Wheat Biscuit Crumbs or Granulated Wheat-Shred and fry in hot fat.

133 Potato Croquettes. Four large potatoes, 2 tablespoons butter yolks 3 eggs, 10 drops onion juice, $\frac{1}{2}$ teaspoon salt, $\frac{1}{8}$ teaspoon paprica, 1 cup Shredded Wheat Biscuit Crumbs or Granulated Wheat-Shred. Wash and pare the potatoes and boil till tender. Remove from fire, turn off all the water, cover with a towel and set in a warm place for 10 minutes. Put through a potato ricer, add butter, salt, paprica, onion juice, and yolks of eggs, beat till well mixed and light, form into cylinders, roll in Shredded Wheat Biscuit Crumbs or Granulated Wheat-Shred, and fry a golden brown in deep hot fat. Serve with white fish.

134 Baked Tomatoes on Shredded Wheat Biscuit. Four medium sized tomatoes, 4 Shredded Wheat Biscuit, salt, white pepper and butter. Split the Biscuit, sprinkle lightly with salt, and dust with pepper, and place in buttered baking pan. Slice each of the tomatoes into 4 pieces, place the centre slices on the halves of the biscuit, salt and pepper lightly and put bits of butter on top. Put the end pieces of tomatoes in the pan, skin side down, season and bake covered in moderate oven till tender. Remove to warm plates and serve warm.

135 Tomato Fritters. One can tomatoes, 4 cloves, 2 bay leaves, little parsley, 6 pepper-corns, 3 tablespoons sugar, 2 tablespoons scraped onion, $1\frac{1}{4}$ teaspoons salt, $\frac{3}{4}$ cup Shredded Wheat Biscuit Crumbs or Granulated Wheat-Shred, 2 table-

spoons Entire Wheat Flour, 2 tablespoons butter, 1 cup Shredded Wheat Biscuit Crumbs or Granulated Wheat-Shred, 1 egg, 1 tablespoon water. Put the tomatoes, cloves, bay leaves, parsley, pepper-corns, scraped onion, $\frac{3}{4}$ cup Shredded Wheat Biscuit Crumbs or Granulated Wheat-Shred on to cook, and cook 10 minutes after it begins to boil. Then put through a purée sieve, rubbing all that is possible to get through. Return to the fire, and add sugar, salt, and butter and when it reaches boiling point, add the Entire Wheat Flour, previously wet with a little cold water. Cook 2 minutes, then turn into shallow dish to set. When cold and firm, turn out, cut into squares, diamonds, and circles, roll in Shredded Wheat Biscuit Crumbs or Granulated Wheat-Shred, then in egg and water, then in Biscuit crumbs and fry in hot fat.

136 Blackberries in Shredded Wheat Biscuit Baskets. One quart blackberries, $\frac{3}{4}$ cup sugar, $\frac{1}{2}$ cup ice water, or chopped ice, 6 Shredded Wheat Biscuit, $\frac{1}{2}$ pint thin cream, powdered sugar. Wash and pick over the berries, crush $\frac{2}{3}$ of them, add the sugar and ice water, set in cool place 1 hour. Prepare the Biscuit by cutting with a sharp pointed knife, an oblong cavity in the top of the Biscuit, about $\frac{1}{4}$ inch from sides and ends; carefully remove the top and all inside shreds, making a basket. Fill with the crushed berries, letting the syrup saturate the Biscuit. Put the whole berries on top, sprinkle with powdered sugar and serve with cream. Raspberries, strawberries, bananas, may be prepared in the same way. Blueberries may be used without crushing. Pineapple, peaches, or cantaloupe may also be used, paring and cutting fine with silver knife, using same proportions of sugar and water.

137 Pineapple in Biscuit Baskets. One pineapple, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup ice water, 6 Shredded Wheat Biscuit. Pare and remove all the eyes from the pineapple, cut into slices and pick into shreds with silver fork. Place layer of pineapple in earthen dish, sprinkle with sugar; proceed in this way till pineapple and sugar are used. Then turn over all the $\frac{1}{2}$ cup of ice water. Set away in cool place till ready to serve or if needed at once, mix all thoroughly and let it stand while you prepare the baskets as directed in Recipe No. 65. Then fill the baskets with the prepared pineapple, using all the syrup, allowing it to saturate the Biscuit thoroughly. Serve on individual plates.

138 Compote of Peaches. Six peaches, 6 Shredded Wheat Biscuit, 4 tablespoons sugar, 1 tablespoon cornstarch, 2 tablespoons lemon juice, 1 egg. Pare the peaches, place in sauce pan, set in boiling water, sprinkle with the sugar and allow to heat through, then take from syrup, and place on toasted tops of Biscuit, hollow side up; mix the cornstarch in the syrup, with the lemon juice, and egg beaten very light. Allow to bubble up and cook 1 minute. Remove from fire, cool slightly, then turn over the peaches. Set in a cold place; the syrup will form jelly all about the fruit. Serve with cream.

139 Fried Peaches on Shredded Wheat Biscuit Toast. Six peaches, 3 Shredded Wheat Biscuit, sugar, 2 tablespoons butter. Pare the peaches, cut in halves; split the biscuit and toast lightly in oven. Melt the butter in frying pan, put peaches in, pit side down. When they begin to brown, turn and fill the hole with sugar, cook till tender and place halves of peaches on halves of Biscuit, serve hot with lemon soufflé sauce, as given in Recipe No. 48. Apples may be prepared the same way.

140 Shredded Wheat Biscuit Peach Pudding, No. 2. Eight good sized peaches, 1 cup sugar, 1 cup cold water, 2 tablespoons Entire Wheat Flour, 2 tablespoons butter, 4 Shredded Wheat Biscuit. Cover the bottom of a pudding dish with the bottom halves of the Shredded Wheat Biscuit. Then a layer of halves of peaches, one of sugar, then peaches and sugar. Dot with little bits of butter, add water in which you have mixed the flour. Cover with top halves of Biscuit, cover the dish, and bake till peaches are tender. Then brown and serve hot or cold with cream. Leave a few pits of the peaches in the pudding for flavoring.

141 Fig Loaf. One cup pulled figs, $1\frac{1}{2}$ cups cold water, $\frac{1}{2}$ cup sugar, 1 tablespoon Knox's gelatine, 1 tablespoon cold water, $\frac{3}{4}$ cup hot syrup, $1\frac{1}{2}$ cups Shredded Wheat Biscuit crumbs or Granulated Wheat-Shred. Wash the figs thoroughly and put in double boiler with $1\frac{1}{2}$ cups cold water, cook till tender, then add sugar and cook 10 minutes longer. Strain off the syrup and keep $\frac{3}{4}$ cup hot. Put the gelatine to soften in the tablespoon cold water, dissolve in the hot syrup. Chop the figs fine, mix with the crumbs and add the hot syrup and gelatine, stir well and pack into a mould that has been well buttered. Set away to get cold.

142 Shredded Wheat Biscuit and Hard Sauce. Prepare the Biscuit, as many as people to serve, as directed in Recipe No. 1. and serve with hard sauce (see Recipe No. 145), in place of cream and sugar. Makes an excellent dessert.

143 Salad Dressing. One level teaspoon salt, 1 level teaspoon mustard, 1 level tablespoon powdered sugar, $\frac{1}{4}$ teaspoon paprika, 2 tablespoons lemon juice, 2 tablespoons vinegar, 2 eggs, $1\frac{1}{2}$ cups olive oil. Thoroughly chill the oil, bowl, and spoon to be used, before beginning the dressing. Separate

the eggs. Mix the dry ingredients in the bowl, add the yolks of the eggs, mix well, then add the oil a drop at a time in the beginning. Stir constantly, and as the mixture thickens thin it with the lemon juice and vinegar used alternately. Then add more oil till all is used. Last add the whites of the eggs beaten till dry. If the weather is very warm, it is well to set the bowl in a pan of ice while mixing the dressing. If a white dressing is desired, use all lemon juice, stirring very thoroughly. After half of the oil has been used, it may be added in larger quantities. If the mixture should curdle, it is because the oil has been added too rapidly and may be remedied by taking another egg yolk and adding the curdled mixture to it slowly.

144 White Sauce. Two tablespoons butter, 2 tablespoons Entire Wheat Flour, 1 cup milk, $\frac{1}{4}$ teaspoon salt, $\frac{1}{8}$ teaspoon paprika. Melt butter in sauce-pan, add flour and seasoning, blend thoroughly; then add milk, a little at a time. Stir till smooth and cook till thick, stirring slowly. This makes a thick sauce. For thin white sauce use 1 tablespoon butter and 1 tablespoon flour. Cream sauce is made in same manner using thin cream in place of milk.

145 Hard Sauce. Four level tablespoons butter, 1 cup sifted powdered sugar, white 1 egg, $\frac{1}{2}$ teaspoon lemon extract, nutmeg. Scald the bowl and spoon. Cream the butter and add the sugar a little at a time, working it in till it is light and smooth. Then add the white of the egg beaten dry. Beat it into butter and sugar, till white. Add flavoring, beat in well. Pile lightly in dish and sprinkle with nutmeg.

146 Sweet Sauce. One cup sugar, 1 cup boiling water, 2 tablespoons cornstarch, 2 tablespoons butter, little nutmeg.

Mix the sugar and cornstarch and add it to the boiling water, cook till clear and thick, then add butter, stir till melted, and add nutmeg.

147 Banana Croquettes. Six bananas, $\frac{1}{2}$ cup powdered sugar, juice 2 oranges, 1 egg, 2 cups Shredded Wheat Biscuit crumbs or Granulated Wheat-Shred. Strip skin from bananas, cut into halves crosswise, make straight on ends, sprinkle with powdered sugar and turn over them the orange juice. Let them stand in a cool place for 1 hour, turning occasionally until all are flavored with the orange, then roll in the egg, then in crumbs, and fry in deep, hot fat. Serve with or without sauce.

148 Shredded Wheat Biscuit and Mushroom Sauce. One can mushrooms, 3 Shredded Wheat Biscuit, 2 cups brown stock, 2 tablespoons butter, 2 tablespoons Entire Wheat Flour, 1 teaspoon salt, $\frac{1}{4}$ teaspoon white pepper, $\frac{1}{2}$ teaspoon scraped onion, $\frac{1}{2}$ teaspoon Worcestershire sauce. Drain all the liquor from the mushrooms and rinse with cold water and cut into quarters. Melt the butter in an omelet pan, add scraped onion and mushrooms, cook slowly three minutes, then add flour and blend. Add stock a little at a time, stirring until smooth and thick, then add salt, pepper and Worcestershire sauce. Set back from the fire but keep hot while you prepare the Biscuit as directed in Recipe No. 7. Then serve on individual plates with the sauce turned over them, or prepare at the table.

149 Shredded Wheat Biscuit Muffins. One cup Shredded Wheat Biscuit crumbs or Granulated Wheat-Shred, 1 cup Entire Wheat Flour, 2 level teaspoons baking powder, $\frac{1}{2}$ teaspoon salt, 1 teaspoon sugar, $1\frac{1}{2}$ cups milk, 1 egg. Sift the flour, sugar, baking powder and salt into the crumbs, mix and then

add the milk, beat it in and last add the egg beaten light. Beat the whole and turn into hot muffin tins or gem irons. Will make 1 dozen. Corn meal may be substituted for Entire Wheat Flour.

150 Shredded Wheat Biscuit Tomato Sandwich. Six Shredded Wheat Biscuit, 4 medium sized tomatoes, $\frac{1}{2}$ teaspoon salt, $\frac{1}{8}$ teaspoon white pepper. Peel the tomatoes, slice and cut into small pieces, add salt and pepper, and set in a cool place until thoroughly cold. Split the Biscuit, dip the inside *very quickly* in cold water, taking care not to wet the outside at all. Place the halves together and put in pan in moderate oven for 5 minutes. Then separate the halves of the Biscuit, and with a knife dipped in boiling water, lay thin slices of good butter on the inside of the halves. Then put a layer of the tomatoes on the bottom half, using the liquid from the tomatoes. Put the top half on, press lightly together, smooth the tops and ends, and serve. If sugar is preferred, the salt and pepper may be omitted and 1 teaspoon of sugar may be sprinkled over the layer of tomato before adding the top of the Biscuit: Or 1 teaspoon of salad dressing may be used.

151 Shredded Wheat Biscuit Toast. With a sharp pointed knife split the Biscuit lengthwise into halves, toast to nice light brown, either in oven or over coals, being careful not to burn. If butter is used put on cold, a little at a time--enough for a bite only at once. No yeast germs, no baking powder gases, no greasy shortening, and yet you have a perfectly light and short bread.

152 Chicken Fricassee with Shredded Wheat Biscuit Toast. Clean, singe, and cut the chicken into pieces for serving. Cover with boiling water; add 1 teaspoon salt, and $\frac{1}{8}$ teaspoon white pepper. Cook slowly till tender (about 1 hour), reducing

the water to 1 pint. Take the chicken from the water, remove the large bones, put the chicken where it will keep warm. Add to the pint of stock, $\frac{1}{2}$ cup of cream. Blend together in sauce-pan 3 tablespoons butter and 5 tablespoons Entire Wheat Flour; turn onto it the hot stock and cream, stirring till thick and smooth. Season to taste, with celery salt and white pepper. Place the chicken in the sauce and keep hot while you prepare 5 Shredded Wheat Biscuit as directed in recipe No. 151. When heated, place Biscuit on warm platter, and arrange the chicken neatly on the Biscuit. Turn the sauce over all and serve at once.

153 Roast Woodcock on Shredded Wheat Biscuit Toast. Six woodcock, 6 Shredded Wheat Biscuit, butter, Entire Wheat Flour, salt and white pepper. Remove feathers and entrails, wipe each bird inside and out, salt and pepper the inside lightly. Skin the neck and head and take out the eyes. Draw the thighs up close to the body; twist the neck round over the shoulder under the wing using the beak as a skewer, piercing the thigh through the body and out through the opposite thigh. Place on a rack in pan; lay a thin slice of butter over the breast of each bird. Dredge with Entire Wheat Flour and dust with salt and white pepper. Cover the pan and roast 20 minutes in a quick oven, basting with butter and water. Split the Biscuit and toast the halves a light brown, and place on warm platter. When the 20 minutes are up, remove the birds from pan and place each bird crosswise of 2 halves of Biscuit. Make a gravy from the drippings in pan to which add hot water enough to make $1\frac{1}{2}$ pints. Thicken with 6 tablespoons of Entire Wheat Flour, made into paste with cold water, cook 2 minutes, turn a large spoonful over each bird and send remaining gravy to table in gravy boat to be added as they are served. Quail and squabs may be prepared in same manner.

154 Creamed Cauliflower on Shredded Wheat Biscuit Toast.

One good sized cauliflower, 6 Shredded Wheat Biscuit, 4 tablespoons Entire Wheat Flour, 4 tablespoons butter, 1 teaspoon salt, $\frac{1}{8}$ teaspoon paprika, 1 cup water in which the cauliflower was cooked, 1 cup rich milk. Remove outside green leaves, cut the head into quarters and cover with salted cold water for one hour. Turn off the cold water and cover with boiling water, cook till tender. Then remove from water, cover with a towel and set in warm place. Make sauce of flour, butter, salt, paprika, milk, and water from the cauliflower. Split and toast the Biscuit, place on warm platter, arrange cauliflower neatly on the halves, breaking it up. Turn a little sauce over all, and send remaining sauce to table in gravy boat to be added there.

CHAFING DISH.

155 Deviled Almonds. One-fourth lb. Jordan almonds, 3 tablespoons butter, 2 tablespoons minced capers, 2 tablespoons Worcestershire sauce, $\frac{1}{8}$ teaspoon paprika, $\frac{1}{4}$ teaspoon salt. Blanch, dry and cut the almonds into fourths, lengthwise. Melt the butter in blazer and fry almonds until light brown. Mix the capers, Worcestershire, paprika, and salt, and add to almonds and serve with oysters as soon as thoroughly heated.

156 Salted Almonds. One-half lb. Jordan almonds, $\frac{1}{3}$ cup of Lucca oil, salt. Blanch and dry the almonds. Put the Lucca oil in blazer and when hot put in $\frac{1}{3}$ of the almonds and fry until a delicate brown. Skim from the oil, drain on brown paper and sprinkle with salt. Continue in the same manner with the remaining almonds until all are salted.

157 Curry of Chicken. One 3-lb. chicken, 3 tablespoons butter, 3 tablespoons minced onion, 1 pint of stock, 2 tablespoons Entire Wheat Flour, 1 tablespoon curry powder, 1 teaspoon salt, $\frac{1}{8}$ teaspoon white pepper, 4 Shredded Wheat Biscuit. Singe, wash and draw the chicken. Wipe and cut at joints into serving pieces, removing the breast bone. Dredge with Entire Wheat Flour. Melt the butter in omelet pan and brown the pieces of chicken. Then remove to a sauce-pan and put the minced onion into the omelet pan and cook a golden color. Sift the flour, curry, salt, and pepper together and add to the butter and onion. When brown add a little at a time the pint of stock, cook until it thickens, then turn it over the chicken and simmer until tender. Just before removing from the sauce-pan, add 1 cup of cream, heat and serve with Shredded Wheat Biscuit toast.

158 Saute of Chicken Livers on Shredded Wheat Biscuit Toast. Six chicken livers, $\frac{1}{4}$ teaspoon salt, $\frac{1}{4}$ teaspoon white pepper, 2 tablespoons butter, $\frac{1}{2}$ teaspoon grated onion, 1 bouillon capsule, 1 cup of boiling water, 4 Shredded Wheat Biscuit. Divide the livers into thirds. Place the blazer over the blaze, put in the butter; when it is melted add the onion and seasoning, then the chicken livers, cook 2 minutes, turn and cook 1 minute, then add 2 tablespoons Entire Wheat Flour, add the cup of boiling water, in which has been dissolved the bouillon capsule, stir until thick and smooth, set in the hot water pan to keep hot while you split and toast the Biscuit. Arrange the livers neatly on the halves, and serve with the sauce.

159 Buttered Eggs with Shredded Wheat Biscuit Toast. Four eggs, 4 tablespoons butter, 2 Shredded Wheat Biscuit. Split and toast the Biscuit. Break eggs separately in saucer.

Melt 1 tablespoon of butter in the blazer; when hot slip the egg in, cook until the white is set, turn it over while cooking. Then place on a half of Shredded Wheat Biscuit; proceed in this manner until each egg has been served.

160 Creamed Eggs on Shredded Wheat Biscuit Toast. Four eggs, $\frac{1}{2}$ cup thin cream, 1 tablespoon butter, $\frac{1}{4}$ teaspoon salt, 3 tablespoons grated old English cheese, $\frac{1}{8}$ teaspoon paprica. Split and toast the Biscuit. Break the eggs separately in a saucer. Melt the butter in the blazer, then add the cream and when it is hot slip the eggs in. When the eggs are nearly cooked, sprinkle over them the grated cheese, and season with the salt and paprica. Place the eggs on the toasted halves of Biscuit, turn the cream over them and serve.

161 Eggs en Nest, a la Shredded Wheat Biscuit. Three Shredded Wheat Biscuit, 6 eggs, $\frac{1}{4}$ cup butter, salt, white pepper. Split the biscuit and toast a nice brown. Separate the eggs, putting all the whites in one bowl, and each yolk into a cup by itself, in which is a little cold water. Beat the whites until light and dry, then arrange on the halves of the Biscuit. Make a hollow in the centre of the whites, in which place a small bit of butter, dust very lightly with salt and pepper, lift the yolks of the eggs from the cups with a spoon, letting the water drain off, then place each yolk in a hollow, put a tiny bit of butter on top of yolk, and set in moderate oven until whites are colored a golden brown; serve at once. A dainty dish for an invalid.

162 Orange Omelet. Four eggs, 4 tablespoons orange juice, grated rind and pulp of 1 orange, $\frac{1}{4}$ teaspoon salt, 2 tablespoons sifted powdered sugar, 2 tablespoons butter. Grate the rind, and take out the pulp of the orange. Squeeze the 4 table-

spoons of orange juice, add to the pulp and rind. Separate the eggs, add yolks to orange juice, beat until light. Put butter to melt in blazer, beat whites of eggs until light and dry. Turn the yolks and orange juice on the whites, and cut and fold in until well blended. Turn into blazer, cook slowly until set, sprinkle with powdered sugar, fold and serve.

163 Shirred Eggs in Shredded Wheat Biscuit Baskets. Six eggs, 6 Shredded Wheat Biscuit, 2 tablespoons butter, salt and white pepper, 1 cup of milk. Turn the milk into a shallow dish. Prepare the Biscuit baskets as directed in Recipe No. 42, dip the bottom of the basket lightly in the milk and place in buttered pan. Put little bits of butter in bottom of Biscuit baskets, salt and pepper lightly, and break an egg into each basket, put bits of butter on top, salt and pepper, set in moderate oven until the white of the egg is set. Remove from pan with pancake turner to warm plate, and serve at once.

164 Shredded Wheat Biscuit Anchovy Toast a la Scrambled Eggs. Four Shredded Wheat Biscuit, 4 eggs, $\frac{1}{2}$ cup of milk, $\frac{1}{8}$ teaspoon salt, $\frac{1}{8}$ teaspoon white pepper, 2 tablespoons butter. Beat the eggs lightly, add salt and pepper. Melt butter in blazer. When hot turn in the mixture, and cook until of a creamy consistency, breaking into curds with fork as it cooks. Split the Shredded Wheat Biscuit, toast a light brown, spread with anchovy paste, and cover with the scrambled eggs. Serve at once.

165 Scotch Wood Cock a la Shredded Wheat. One and one-half tablespoons butter, $1\frac{1}{2}$ tablespoons Entire Wheat Flour, 5 hard cooked eggs, $\frac{1}{4}$ teaspoon salt, 4 Shredded Wheat Biscuit, $\frac{1}{8}$ teaspoon white pepper, 1 cup thin cream, $\frac{1}{2}$ teaspoon

Worcestershire sauce. Make a sauce of the cream, butter, flour, salt, and pepper; add the hard-cooked eggs chopped fine, season with the Worcestershire sauce, and serve on the Shredded Wheat Biscuit, split and toasted.

166 Fish a la New Era. Four tablespoons butter, 3 tablespoons Entire Wheat Flour, 2 cups milk, 3 hard-cooked eggs, 1 teaspoon Worcestershire sauce, 2 cups cold, boiled, flaked fish, haddock, halibut, salmon, or cod, 4 Shredded Wheat Biscuit, $\frac{1}{2}$ teaspoon salt. Split and toast the Biscuit. Make a sauce by blending the butter and flour, add the salt and Worcestershire sauce, then add the yolks of the eggs, and last the milk, a little at a time. When thickened add the fish, and heat. Serve on the toasted halves of Biscuit. Garnish with riced whites of the eggs.

167 Minced Lobster on Shredded Wheat Toast. One and one-half lb. lobster, 2 tablespoons butter, $\frac{1}{8}$ teaspoon paprica, $\frac{1}{2}$ teaspoon onion juice, 4 Shredded Wheat Biscuit. Remove the meat from the shell, and cut into small pieces. Split the Biscuit. Melt the butter in the blazer, add onion juice and paprica. Then add the lobster, and while it is heating, toast the halves of Biscuit, then place the lobster neatly on the halves, and serve while it is hot.

168 Lobster a la Newburg. Two cups lobster meat dice, 1 cup thin cream, yolks 2 eggs beaten light, 10 drops onion juice. $\frac{1}{2}$ teaspoon salt, $\frac{1}{8}$ teaspoon paprica, dash nutmeg, 2 tablespoons butter. Put the butter in the blazer with the salt, paprica, and onion juice. When melted add the lobster dice, stir, cooking slowly for three minutes, then add the cream,

nutmeg, and yolks of eggs mixed together; stir slowly until thickened, and serve on Shredded Wheat Biscuit toast.

169 Creamed Oysters in Biscuit Baskets. One pint of oysters, 1 cup milk, $\frac{1}{2}$ cup cream, $1\frac{1}{2}$ tablespoons butter, $1\frac{1}{2}$ tablespoons Entire Wheat Flour, $\frac{1}{2}$ teaspoon salt, $\frac{1}{8}$ teaspoon paprica, 5 Shredded Wheat Biscuit. Prepare the Biscuit by cutting with a sharp pointed knife an oblong cavity from the top of the Biscuit, $\frac{1}{4}$ inch from sides and ends. Remove the top and all inside shreds, forming a basket. Dust these lightly with celery salt and paprica, and heat through while you are preparing the oysters. Remove all bits of shell. Prepare a sauce by blending in the blazer the butter, flour, salt, and paprica, then add the milk and cream, and stir until thick and smooth, then cook the oysters until plump, add to the sauce and fill the Biscuit baskets. Serve at once.

170 Oyster Newburg. One pint oysters, $\frac{1}{2}$ cup cream, 1 teaspoon onion juice, 2 tablespoons butter, $\frac{1}{2}$ teaspoon salt, $\frac{1}{8}$ teaspoon paprica, 2 level teaspoons Entire Wheat Flour, 1 teaspoon lemon juice, yolk of 1 egg, 4 Shredded Wheat Biscuit. Pick over the oysters to be rid of all bits of shell. Melt one tablespoon butter, add oysters, salt, paprica, onion and lemon juice; cook three minutes, and melt remaining tablespoon butter; add flour and when blended add cream, then the yolk of the egg beaten slightly; cook until it thickens, stirring slowly; add to the oysters, mix and serve on the Biscuit that have been split and toasted

171 Sauted Sardines on Shredded Wheat Biscuit Toast. One-half lb. box sardines, 2 tablespoons butter, 4 Shredded Wheat Biscuit, 1 lemon, white pepper. Split the Biscuit, and

toast a nice brown. Remove the sardines from the box to a platter and scrape off the loose skin. Melt the butter in the blazer, put in the sardines a few at a time, and cook three minutes; then turn and cook two minutes; arrange nicely on the toasted Biscuit, squeeze a few drops of lemon juice over them and dust lightly with white pepper.

172 Creamed Mushrooms. One can mushrooms, 2 tablespoons butter, 2 teaspoons lemon juice, 1 teaspoon scraped onion, $\frac{1}{2}$ teaspoon salt, $\frac{1}{8}$ teaspoon white pepper, 2 tablespoons Entire Wheat Flour, 1 cup milk, $\frac{1}{2}$ cup heavy cream, 4 Shredded Wheat Biscuit. Rinse the mushrooms with cold water, dry in a towel, and cut into halves. Melt the butter in the blazer, add onion, salt, and pepper, and when it is hot, add the mushrooms. Cook slowly three minutes, stirring occasionally, then add the lemon juice; mix well, add the flour. Cook one minute, and add the milk and cream, stirring until thick and smooth. Serve on Shredded Wheat Biscuit, split and toasted.

173 Shredded Wheat Biscuit Toast with Cheese Dressing. One-fourth cup Granulated Wheat-Shred, 1 cup milk, $\frac{1}{4}$ lb. mild cheese grated, 1 egg, 1 tablespoon butter, $\frac{1}{2}$ teaspoon salt, $\frac{1}{8}$ teaspoon paprika. Turn the milk over the Granulated Wheat-Shred, and let stand fifteen minutes, then add the salt, and paprika, and the egg slightly beaten. Melt the butter in sauce-pan, add cheese, and when the cheese is melted, add the prepared mixture, cook three minutes and serve on toasted halves of Shredded Wheat Biscuit.

174 Creamed Sweetbreads on Shredded Wheat Biscuit Toast. Place the sweetbreads in cold water for one hour, then parboil twenty minutes in boiling water to which has been added $\frac{1}{4}$

teaspoon salt, and 1 teaspoon lemon juice. When taken from the boiling water place again in cold water; this keeps them firm and white. Make a white sauce of 1 cup milk, 2 table-spoons butter, 2 tablespoons Entire Wheat Flour, $\frac{1}{4}$ teaspoon salt, 1-16 teaspoon white pepper. Break the sweetbreads into small pieces, and reheat in the sauce; serve on halves of Shredded Wheat Biscuit.

175 Sweetbreads a la Scrambled Eggs. One sweetbread, 3 eggs, $\frac{1}{3}$ cup milk, 3 tablespoons butter, $\frac{1}{4}$ teaspoon salt, $\frac{1}{8}$ teaspoon white pepper. Prepare the sweetbread as directed in recipe for Creamed Sweetbreads, break into small pieces with a silver fork. Beat the eggs slightly, add sweetbread, salt, pepper, and milk. Melt butter in blazer. When melted, pour in the prepared mixture, and cook until jelly-like, breaking into curds with a silver fork, by scraping from bottom of pan. Serve on Shredded Wheat Biscuit toast.

For making sauces in chafing dish always use hot water bath to take place of double boiler.

INVALID COOKERY.

176 Shredded Wheat Biscuit Apple Tartlets. Ten tart apples, 6 tablespoons sugar, 12 Shredded Wheat Biscuit. Core and pare 6 apples, place in deep pan, put in the hole in each 1 table-spoon sugar, add $\frac{1}{2}$ cup water in bottom of pan, and bake in oven until tender. Make a jelly by placing the parings, cores, and 4 apples, cut in fourths, in an agate saucepan with cold water enough to cover them, and cover and cook until tender; mash and drain through a jelly bag, boil twenty minutes, then

measure and add same quantity hot sugar, boil five minutes, skim. Make 12 Biscuit Baskets, as directed in Recipe No. 65, place $\frac{1}{2}$ apple in each basket, crowd down till all the corners are filled, then let them set until cold and the jelly has cooled, then fill up with the jelly, set in cold place until hardened; serve with milk or cream.

177 Broiled Beef Pulp on Shredded Wheat Biscuit Half Shell. Scrape raw beef to a pulp; make it into small cakes, and broil the same as steak. Season with salt, add a few grains of cayenne pepper, and serve on the top halves of Shredded Wheat Biscuit toasted.

178 Broiled Beefsteak. Have steak cut $1\frac{1}{2}$ inches thick. Place on broiler over hot coals. As soon as seared on one side, turn immediately, broil for $7\frac{1}{2}$ minutes, turning often. Remove to warm plate, season with butter and salt.

179 Hygienic Beef Tea. One pound beef (a juicy piece from the round), 1 pint cold water. Cut the beef into small pieces, put into a glass jar, add the pint of cold water and let it stand 2 hours, then tie a piece of white cloth over the top of the jar and set it in a sauce pan of water which keep boiling for three hours. Keep the water at its original height. When done strain and salt to taste. The fat may be removed from the top with a piece of white blotting paper.

180 Bonny Clabber. Turn 1 quart of skin milk into earthen dish and set in a warm place covered with a towel until it thickens, serve with sugar. Has the same appearance as junket.

181 Chicken Broth. Remove skin and all fat from $\frac{1}{2}$ of a young fowl. Wash and cut it into small pieces. Put it into a

sauce pan with 1 quart of cold water. Heat slowly to the boiling point, then skim carefully, and set back where it will simmer three hours. Strain, season with salt, and serve with Shredded Wheat Biscuit Toast.

182 Clam Broth. Six large hard-shelled clams, wash well with a brush, put into a sauce pan with $\frac{1}{2}$ cup of cold water over the fire. As soon as the shells open, remove from the fire and strain off the broth. If too salt, dilute with hot water to suit taste, and serve with Shredded Wheat Biscuit toast.

183 Cocoa. One pint of milk, 8 level teaspoons cocoa, 8 teaspoons granulated sugar, 1 pint boiling water. Put the milk to heat in double boiler. Put the water to boil in sauce pan. Mix the sugar and cocoa thoroughly and add it to the boiling water. Cook five minutes and add the hot milk. Beat well with a Dover egg beater, and serve hot.

184 Shredded Wheat Biscuit Crust Coffee. Four Shredded Wheat Biscuit split and toasted a very dark brown, break into small pieces and turn over them $1\frac{1}{2}$ pints boiling water, cover and let stand 15 minutes, strain and serve hot or cold, sweetened to taste.

185 Egg Nog. One egg, $\frac{2}{3}$ cup milk, 3 teaspoons sugar, a little salt, dash nutmeg. Beat the egg, add sugar, salt, and nutmeg, then the milk, stirring well. Strain and serve with Shredded Wheat Biscuit Toast.

186 Wheat-Shred Drink Frappe. One quart Wheat-Shred Drink, $\frac{1}{2}$ cup sugar. Dissolve the sugar in the Wheat-Shred Drink, turn into freezer can, place a layer of ice in the freezer pail, then one of salt, using $\frac{1}{2}$ ice and $\frac{1}{2}$ salt. Stir until it begins to freeze, then remove top from can, scrape down from sides, replace top and freeze until the consistency of mush.

187 Chocolate Ice Cream. One quart thin cream, $1\frac{1}{2}$ squares Baker's chocolate, 1 cup sugar, 1 tablespoon vanilla, $\frac{1}{4}$ cup toasted Shredded Wheat Biscuit crumbs or Granulated Wheat-Shred. Melt the chocolate and add hot water enough to make it blend easily with the cream. Add to cream; then add sugar, crumbs, and vanilla, and freeze.

188 Pineapple Ice Cream. One pint heavy cream, $\frac{1}{2}$ pint milk, 1 cup sugar, 1 pineapple. Pare and remove eyes from pineapple, pick fine with a silver fork; add the sugar and let it stand $\frac{1}{2}$ hour; then add milk and cream, and freeze. Canned grated pineapple may be used. In that case use $\frac{1}{2}$ as much sugar.

189 Vanilla Ice Cream. One pint heavy cream, 1 pint milk, $\frac{2}{3}$ cup sugar, $1\frac{1}{2}$ tablespoons vanilla, a little salt. Heat the milk, add the sugar, and when it is dissolved, remove from the fire, add the cream and vanilla. Mix well and freeze.

190 Shredded Wheat Ice Cream. One pint heavy cream, 1 pint milk, $\frac{1}{2}$ pint sugar, $\frac{1}{2}$ cup toasted Shredded Wheat Biscuit crumbs or Granulated Wheat-Shred, 1 tablespoon vanilla. Heat the milk, add the sugar, and when it is dissolved, add the cream, remove from heat and add vanilla and toasted Shredded Wheat Biscuit crumbs. Put in freezer, turn slowly at first; when it begins to thicken, take off cover, scrape from sides, replace cover and finish freezing, turning more rapidly as it freezes, take out paddle, scrape from sides, pack down smooth, place cork in opening of cover and pack for 1 hour before serving. For freezing use $\frac{2}{3}$ ice, $\frac{1}{3}$ rock salt; have the ice broken into fine pieces or better, shaved.

191 Cranberry Jelly. One quart cranberries, 1 cup boiling water, $1\frac{3}{4}$ cups granulated sugar. Pick over and wash the

cranberries, put in sauce pan with the water and sugar, stew slowly $\frac{1}{2}$ hour, rub through a sieve and turn into earthen mould that has been previously wet and chilled in ice water, set away to harden. Turn into glass dish for table.

192 Lamb Chops Broiled in Paper Cases. Trim the chops and wipe both sides. Lay the chops on clean buttered papers cut the shape of the chop (double), fold the edges over and together and broil from 4 to 6 minutes. Remove the case, season with salt and butter, and serve hot with Shredded Wheat Biscuit toast.

193 Albumenized Milk. Two-thirds cup milk, white of 1 egg. Put white of egg in glass, add milk, cover, and shake until thoroughly mixed. Strain into tumbler, and serve with toasted half of Shredded Wheat Biscuit.

194 Sterilized Milk. Fill $\frac{1}{2}$ -pint bottles to within an inch of the top with milk. Close the mouth of the bottle with a stopper of cheese cloth or absorbent cotton. Place in a steamer of cold water, having the water come within $\frac{1}{4}$ of the top of bottles. Heat the water gradually until nearly at boiling point, and keep at this temperature 10 minutes. It is well to use a thermometer for the temperature of the water for the 10 minutes. Remove from steamer and cool gradually.

195 Orangeade. One egg, juice 1 orange, 2 teaspoons sugar, $\frac{2}{3}$ cup water. Beat the egg light. Mix the sugar and orange juice and add the beaten egg, last the water, stirring well. Milk may be substituted for water if one can take milk.

196 Broiled Oysters. Pick over and drain large oysters; dip in melted butter, then in Shredded Wheat Biscuit crumbs

or Granulated Wheat-Shred, and broil on a fine wire broiler until the juice starts.

197 Roasted Oysters in Shell. Wash and scour $\frac{1}{2}$ dozen oysters in shell and place upon hot coals until shell opens; season with salt, pepper, and bits of butter and serve with Shredded Wheat Biscuit Toast.

198 Oyster Tea. One pint oysters, $\frac{1}{2}$ pint cold water, salt and pepper to taste. Put the oysters into sauce pan with cold water, bring to boiling point and simmer five minutes, strain and season to taste. Serve with Shredded Wheat Biscuit Toast. (Recipe 151.)

199 Baked Sweet Potatoes. Wash and scrub the potatoes with a vegetable brush until clean, dry and bake in a hot oven from 45 minutes to 1 hour, if the potatoes are medium size. Pinch the potato to see if it is done and also to let the steam escape; do not cover baked potatoes as it makes them soggy.

200 Baked White Potatoes. Pare the potatoes and bake in a hot oven 45 minutes, break to let steam escape and serve at once. Or, wash and scrub the potatoes, dry and bake 45 minutes.

201 Broiled Sweetbreads on Shredded Wheat Biscuit Toast. Prepare the sweetbreads as directed for Creamed Sweetbreads then split and season with salt and pepper, rub with butter, dredge with Entire Wheat Flour. Broil for 8 minutes over hot coals and serve on Shredded Wheat Biscuit toast with cream sauce.

SALADS.

202 Boiled Dressing. Two eggs, $\frac{1}{2}$ teaspoon mustard, 1 teaspoon salt, $\frac{1}{4}$ teaspoon paprika, 1 teaspoon sugar, 2 tablespoons oil, 1 cup milk, $\frac{1}{2}$ cup hot vinegar. Separate the eggs. To the yolks add the ingredients in the order given, adding the vinegar very slowly, cook in double boiler until thick, then turn onto whites of the eggs beaten light and dry, mix well, strain and set away to get cold. Will keep several days if kept in a cool place.

203 French Dressing, No. 1. Four tablespoons olive oil, $1\frac{1}{2}$ tablespoons vinegar, $\frac{1}{4}$ teaspoon salt, $\frac{1}{8}$ teaspoon white pepper. Mix the salt and pepper in a cup, add 1 tablespoon of the oil; mix well, then add $\frac{1}{2}$ of the vinegar a little at a time, blend and add the remainder of oil and vinegar alternately.

204 French Dressing, No. 2. One-fourth teaspoon salt, $\frac{1}{4}$ teaspoon white pepper, 3 tablespoons olive oil, 10 drops onion juice, 1 tablespoon vinegar, $\frac{1}{2}$ tablespoon lemon juice. Mix the salt, pepper, onion juice, and 1 tablespoon of oil, then add alternately the remaining oil, vinegar, and lemon juice.

205 Asparagus Salad. One bunch of asparagus or 1 can asparagus, 1 head lettuce, $\frac{1}{4}$ teaspoon white pepper, $\frac{1}{4}$ teaspoon salt, French dressing made as follows: $\frac{1}{4}$ teaspoon salt, $\frac{1}{4}$ teaspoon white pepper, 3 tablespoons olive oil, 10 drops onion juice, 1 tablespoon vinegar, $\frac{1}{2}$ tablespoon lemon juice. Mix the salt, pepper, onion juice, and 1 tablespoon oil, then add alternately the remaining oil, vinegar, and lemon juice. Wash and crisp the lettuce, cook and cool the asparagus, if fresh asparagus is used, or open, drain, and rinse the canned asparagus in

cold water, dry on a clean towel, cut into inch pieces and arrange on the lettuce leaves, season with the salt and the white pepper. Turn the dressing over all and serve with Shredded Wheat Biscuit Toast. Arrange to be served individually on the lettuce leaves.

206 Banana Salad. Four bananas, 1 head lettuce, 6 English walnuts, parsley. French dressing prepared as for Asparagus Salad. Strip one section of the skin from the bananas, remove the fruit and cut into dice $\frac{1}{4}$ inch square. Put the diced bananas in a deep dish, turn over them the French dressing and let them stand in a cool place $\frac{1}{2}$ hour. Then fill the skins with the prepared fruit and arrange on a bed of lettuce leaves that have been thoroughly washed and crisped. Garnish with finely minced parsley and halves of English walnuts.

207 Beet Salad. Four good sized beets, 1 head lettuce, Salad Dressing (Recipe No. 143). Wash and put the lettuce to crisp. Wash and cook the beets. When tender, plunge into cold water and remove the skins. When thoroughly cold, cut into cubes $\frac{1}{4}$ inch square, sprinkle with $\frac{1}{4}$ teaspoon salt, arrange on the lettuce leaves so as to be served individually, and dress with the Salad Dressing.

208 Cabbage Salad. One small head cabbage, 1 level tablespoon salt, $\frac{1}{4}$ teaspoon white pepper, $\frac{1}{4}$ teaspoon mustard, 2 eggs, 1 tablespoon sugar, $\frac{1}{2}$ cup vinegar. Remove the outside leaves from, and chop the cabbage very fine, sprinkle with the salt, and let stand over night; in the morning make a dressing of the eggs, vinegar, sugar, mustard and white pepper, put the vinegar to scald in agate sauce pan, add the sugar, mustard, and pepper. When it reaches boiling point, turn it

onto the eggs which have been beaten very light, stirring it in thoroughly, and return to heat until it thickens. Then turn it over the cabbage, mixing in well, and set away to get cold. Serve as relish with fish or meat.

209 Cauliflower. One cauliflower, 1 head lettuce, French dressing No. 2. Remove the outside green leaves from the cauliflower and cut the head into quarters and put it into cold salted water for 1 hour; then drain and cook in boiling water to which has been added 1 teaspoon salt. Cook until tender, take from the water and allow to cool. Then break into small pieces and set in the refrigerator until it is thoroughly cold. Wash and crisp the lettuce, arrange in salad bowl, place the cauliflower in center and turn over it the French Dressing, serve cold with Shredded Wheat Biscuit Toast.

210 Celery and Apple Salad. One bunch celery, 3 tart apples, head lettuce, mayonnaise dressing. Wash and crisp the lettuce. Break the celery into stalks, wash, and use the white parts, cut into pieces about $\frac{1}{2}$ inch in length (should be 2 cupfuls). Pare the apples and cut into dice. Mix together, arrange the lettuce leaves into cups for individual serving, fill with the celery and apple, and dress with Salad Dressing (Recipe No. 143). Do not prepare the apples long before serving as they turn dark after paring.

211 Celery Salad. One head lettuce, 1 bunch celery, boiled dressing. Wash and crisp the lettuce, break the bunch of celery into stalks using only the crisp white ones. Wash and cut into small pieces. Arrange the lettuce for individual serving, pile little mounds of the prepared celery in the leaves and dress with boiled dressing.

212 Cheese Salad. One head lettuce, $\frac{1}{4}$ lb. grated cheese, Salad Dressing (Recipe No. 143). Wash and put the lettuce to crisp, make the salad dressing. Then grate the cheese and mix with it enough of the salad dressing to make smooth and creamy. Arrange the inside light green lettuce leaves on a small platter, then put the prepared cheese through a potato sieve, dress with Salad Dressing, garnish with barberries or capers, and serve with Shredded Wheat Biscuit Toast.

213 Chicken Salad. One head lettuce, $2\frac{1}{2}$ cups cold, cooked chicken meat dice, 1 cup celery cut into small pieces, French Dressing No. 2, salad dressing. Wash and crisp the lettuce and arrange in cups on a platter. Mix chicken and celery. Marinate with French Dressing No. 2, thoroughly chill, pile in the lettuce cups, dress with the salad dressing and serve with Shredded Wheat Biscuit Toast.

214 Cucumber and Lettuce Salad. One head lettuce, 2 cucumbers, Salad Dressing (Recipe No. 143). Wash and crisp the lettuce. Pare the cucumbers with a French crimping knife and place in ice water for 1 hour, drain off the water and dry on a towel before using. Arrange the lettuce leaves in salad bowl, pile the sliced cucumbers in centre and dress with the salad dressing or arrange for individual serving and dress with French Dressing No. 2.

215 Egg Salad. One head lettuce, $\frac{1}{2}$ dozen hard cooked eggs, Salad Dressing (Recipe No. 143). Wash and crisp the lettuce, cook the eggs 45 minutes and cool in cold water, remove from the shells, cut into halves, remove the yolks, and cut the whites into rings. Arrange the lettuce leaves so as to form a bed on a round plate, lay the rings on the lettuce leaves and fill

each ring with the yolk of egg that has been put through a potato sieve, pile the remaining yolk in the centre and dress all with salad dressing.

216 Fish Salad. One and one-half pints cold, cooked fish broken into flakes (such as halibut, haddock, salmon, sword fish, etc.), 1 head lettuce, 3 lemons, mayonnaise. Turn the juice of two lemons over the fish, mix carefully so as not to break the fish too small, sprinkle with $\frac{1}{4}$ teaspoon salt, and let it stand while you wash and crisp the lettuce. Then arrange in the lettuce leaves and dress with Salad Dressing (Recipe No. 143). Garnish with thin slices of lemon.

217 French Fruit Salad. Two oranges, 2 bananas, 12 English walnuts, 1 head lettuce, mayonnaise. Wash and put the lettuce to crisp. Peel the oranges, cut into slices, remove the seeds, then cut the slices into small pieces. Peel the bananas and cut crosswise into thin slices. Crack the nuts and break the meats into small pieces. Arrange the lettuce for individual serving, place a layer of bananas, then oranges, then bananas in each lettuce cup and dress with the mayonnaise, garnish with the nuts and serve with Shredded Wheat Biscuit Toast.

218 Lamb Salad. One head lettuce, $2\frac{1}{4}$ cups cooked, cold lamb, Salad Dressing (Recipe No. 143). Wash and crisp the lettuce, cut the lamb into dice, sprinkle with salt, arrange in the lettuce leaves for individual serving and dress with the salad dressing. Serve with Shredded Wheat Biscuit Toast.

219 Lobster Salad. One pint of lobster meat cut into dice, 1 head lettuce, Salad Dressing (Recipe No. 143), 2 tablespoons vinegar, $\frac{1}{2}$ teaspoon salt, $\frac{1}{4}$ teaspoon white pepper. Wash and crisp the lettuce, cut the lobster meat into dice and sprinkle

with the salt, pepper, and vinegar and add $\frac{1}{4}$ of the salad dressing, mix and make in little mounds in the lettuce leaves that have been arranged for individual serving, dress with the remainder of the salad dressing, garnish with the lobster claws, and if there is any coral, put it through a potato sieve and sprinkle on the top of each salad.

220 Nut and Celery Salad. Twenty English walnuts, head celery, head lettuce. Wash and crisp the lettuce. Remove shells from the walnuts, turn boiling water over the meats, drain and remove the skin, chop all but one dozen meats. Prepare celery by washing and scraping, cut into small pieces all except three stalks, cut these into $1\frac{1}{2}$ inch pieces, curl and use with the half walnut meats for garnishing. Mix the chopped nuts and the celery that has been cut into small pieces together, marinate with French Dressing No. 1. Arrange in lettuce leaf cups for individual serving and dress with mayonnaise.

221 Nut Salad. One pound English walnuts, 1 head lettuce, mayonnaise dressing. Crack the nuts so as to keep the halves whole. Turn boiling water over them, let stand five minutes and remove the skin, wipe dry and let them get cold, wash and crisp the lettuce, using only the lightest and most crisp. Arrange the nuts on the leaves and dress with Salad Dressing (Recipe No. 143), or French dressing if preferred.

222 Oyster Salad. One quart oysters, 1 head lettuce, French Dressing No. 2, mayonnaise. Wash the lettuce, shake dry and put to crisp, tied in a cheese cloth hung in the refrigerator. When crisp arrange in individual serves on a platter, and set back in refrigerator. Then plump the oysters in their own

liquor, drain and cool, and turn over them the French dressing. Let them set five minutes, then arrange nicely in the lettuce leaves and dress with the mayonnaise.

223 Potato Salad. Six cold boiled potatoes, 1 tablespoon minced parsley, 2 stalks celery minced fine, French Dressing No. 2, 1 head lettuce, 1 cold boiled carrot. Cut the potatoes into dice. Mix the celery and parsley lightly through it, add the French dressing, mix and set away to get thoroughly cold. Wash and crisp the lettuce, arrange for individual serving. Arrange the potato in mounds in the leaves and garnish with the carrot cut into dice.

224 Salmon Salad. One lb. of cold, cooked salmon, head of lettuce, Salad Dressing (Recipe No. 143), French Dressing, No. 1. Wash and crisp the lettuce. Break the fish into flakes and marinate with the French dressing, setting it away until thoroughly cold. Then pile in the lettuce cups and dress with salad dressing. Serve with Shredded Wheat Biscuit Toast.

225 Sardine and Celery Salad. One-half lb. box sardines, $\frac{1}{2}$ bunch celery, 1 lemon, Salad Dressing (Recipe No. 143). Remove the sardines from the box, drain free from oil and scrape off the loose skin. Separate the celery into stalks. Wash and use the crisp white part. Cut 1 dozen pieces about $1\frac{1}{2}$ inches long and curl by cutting down through the celery the broad way of the stock within $\frac{1}{4}$ inch of the centre four or five times on each end, then across the piece the same number of times the narrow way, throw into ice water to which has been added the lemon sliced, allow it to stand until the little ends separate and curl out towards the centre. Cut the remainder of the celery into dice, pile in center of large plate

and garnish with the whole sardines and curled celery, dress with the salad dressing.

226 Shrimp Salad. One can shrimps, 1 head lettuce, 2 table-spoons minced capers. Turn the shrimps from can and remove the intestinal vein, dress with French Dressing No. 1, and set on ice until thoroughly chilled. Clean and crisp the lettuce, select the light green inside leaves, arrange in a salad bowl; sprinkle with finely chopped ice and turn the shrimps into the centre; dress with Salad Dressing (Recipe No. 143), and sprinkle with the minced capers. Or arrange in individual salads.

227 Spinach Salad. One peck spinach, 1 head lettuce, 2 hard cooked eggs, French dressing, mayonnaise. Wash and pick over the spinach until free from grit; put to cook with $\frac{1}{2}$ cup of water and cook until tender. Drain and chop very fine, add the chopped white of 1 egg and the French dressing made as follows: 2 tablespoons Lucca oil, 4 tablespoons vinegar, $\frac{1}{2}$ teaspoon salt, $\frac{1}{4}$ teaspoon white pepper. Mix the oil, salt, and pepper together, add the vinegar slowly. When blended mix with the chopped spinach. Cut the other egg into thin slices. Place the slices in the bottom of a small charlotte russe mould and fill with the prepared spinach, or mould in individual moulds with a slice of egg in the bottom of each. Set in cold place to get thoroughly cold. Wash and crisp the lettuce. Arrange as garnish onto which to turn salad. Dress salad with Salad Dressing (Recipe No. 143), mayonnaise and serve with Shredded Wheat Biscuit Toast.

228 String Bean Salad. Two and one-half cups cold, cooked string beans cut into half inch pieces, 1 head lettuce, French

Dressing No. 2. Wash and crisp the lettuce and arrange in salad bowl, place the beans in centre and turn over all the French Dressing.

229 Tomato and Celery. Six ripe tomatoes of uniform size, 1 bunch celery, 1 head lettuce, 2 tablespoons finely minced capers. Salad Dressing (Recipe No. 143), French Dressing No. 1. Wash and wipe the tomatoes and cut a cap from the stem end, remove the inside from the tomatoes. Clean the celery and mince fine. Mix with the French Dressing and fill the tomatoes. Arrange in the lettuce leaves to serve individually, dress with salad dressing, serve with Shredded Wheat Biscuit Toast.

230 Tomato and Chicken Salad. Peel 6 round, smooth, medium sized tomatoes by turning boiling water over them, remove the skin quickly and slip into ice water to harden. Then cut a small piece from the stem end, remove the seeds from inside and fill with chicken salad (Recipe No. 213), place in a bed of lettuce leaves on a platter and put a tablespoon of Salad Dressing (Recipe No. 143), on top of each one and serve with Shredded Wheat Biscuit Toast.

231 Tomato and Cucumber Salad. Four medium tomatoes, 2 cucumbers, 1 head lettuce, salt and pepper. Wash and crisp the lettuce, pare the cucumbers and place in water for 1 hour, peel the tomatoes by pouring boiling water over them, then place in pounded ice until thoroughly chilled. Arrange the lettuce leaves in a salad bowl, then place a layer of tomatoes, sprinkled lightly with salt and pepper, then a layer of cucumbers, salt, and pepper. Proceed in this way until all the tomatoes and cucumbers are used. Turn over them French Dressing No. 2, or Salad Dressing (Recipe No. 143) may be used, and serve with Shredded Wheat Biscuit Toast.

232 Vegetable Salad. One cold cooked beet, 1 cold cooked carrot, 1 cold cooked potato, a few cold green string beans, 1 head lettuce, French dressing, Salad Dressing (Recipe No. 143). Wash and crisp the lettuce. Make the mayonnaise, then the French dressing, as follows: 3 tablespoons Lucca oil, $\frac{1}{2}$ teaspoon salt, $\frac{1}{4}$ teaspoon white pepper, 1 teaspoon vinegar, 1 teaspoon lemon juice. Mix the salt and pepper with one tablespoon oil, then add vinegar, then remaining oil and lemon juice, mixing thoroughly. Cut the cold carrots, beets, and potatoes into slices $\frac{1}{4}$ inch thick, then into $\frac{1}{4}$ inch cubes, cut part of the beans into $\frac{1}{4}$ inch pieces, put the vegetables on separate plates and marinate with the French Dressing, set away in cool place. When ready to serve, arrange the lettuce for individual serving. Mix the cubed vegetables and place an equal quantity on each set of leaves. Dress lightly with Salad Dressing and garnish with the whole string beans. Serve with Shredded Wheat Biscuit brown bread cheese sandwiches.

MISCELLANEOUS.

233 Shredded Wheat Biscuit Croutons. Three Shredded Wheat Biscuit, $\frac{1}{16}$ lb. butter. Cut Biscuit crosswise into fourths, butter lightly, and put into pan in the oven until toasted a nice brown.

234 Stuffed Dates. One pound dates, $\frac{1}{2}$ cup blanched Jordan almonds, $\frac{1}{2}$ cup granulated sugar, $\frac{1}{2}$ cup powdered sugar. Blanch the almonds by turning boiling water over them; let stand one minute, then slip off the skins and dry on a towel. Open the dates lengthwise and remove the seed. Make a caramel of the granulated sugar by melting the sugar slowly in a

sauce pan over the fire, stirring until a golden brown. Then set the sauce pan in a pan of hot water and dip each almond in the caramel by piercing it with a long pin, then drop it off on a plate until all are done. Then place the almond in the cavity of the date from which the seed was taken, press lightly together and roll in the powdered sugar. Arrange on a white doily on plate.

235 Brown Soup Stock. Five pounds beef shin, 5 quarts cold water, 1 level tablespoon salt, 1 large onion, 1 carrot, 3 stalks celery, 8 pepper-corns, 5 cloves. Wipe and cut into small pieces and place in kettle with the cold water, soak 1 hour, then heat and when hot, place on the stove where it will simmer for 6 hours, then skim and strain. If any fat remains, it may be easily removed after the stock is cold.

236 Tomato Soup. One quart brown stock, 1 can tomatoes, 1 stalk celery, 1 carrot, 1 small onion, 4 cloves, 4 pepper-corns, 1 teaspoon salt, $\frac{1}{2}$ cup Granulated Wheat-Shred, 1 tablespoon Entire Wheat Flour, 1 tablespoon butter, 2 teaspoons granulated sugar. Put the stock, tomatoes, cloves, pepper-corns, Granulated Wheat-Shred, onion, celery, and carrot to cook. Bring to the boiling point, then set back from the fire and simmer for an hour. Take from the fire and put through a puree sieve; rubbing through all that is possible. Melt the butter in the sauce pan, add the flour and salt, and when it is well blended, add the strained stock and tomatoes and stir, cooking until smooth, then add the sugar and serve with Shredded Wheat Biscuit Croutons (Recipe 233).

237 Creamed Fish. Two cups cold cooked fish, cod, haddock, or cusk, 1 pint milk, 4 tablespoons butter, 3 tablespoons Entire Wheat Flour, 2 teaspoons onion juice, 1 teaspoon salt,

1-16 teaspoon white pepper, 1-16 teaspoon paprica, 1 bay leaf, 6 Shredded Wheat Biscuit. Break the fish into flakes. Put the milk to scald with the bay leaf in it. Blend the butter, salt, flour, pepper, paprica, and onion juice in a sauce-pan on the stove. When the milk is hot, add a little at a time to the blended ingredients in sauce-pan, stirring slowly until thick and smooth, add the flaked fish, let it heat but do not stir. Split the Shredded Wheat Biscuit, toast a nice brown in oven and serve with the creamed fish arranged on the halves. Or, roll and sift two of the Biscuit, butter a pudding dish, sprinkle with the rolled Biscuit, turn in the creamed fish, cover with the crumbs, put little bits of butter on top and bake 20 minutes, or one-half hour until nicely browned.

238 Halibut a la Rarebit. One and one-half pounds halibut (2 slices), 2 tablespoons melted butter, $\frac{1}{2}$ cup Granulated Wheat-Shred, 1 teaspoon salt, $\frac{1}{4}$ teaspoon pepper, Welsh Rarebit mixture (Recipe No. 50). Butter a baking pan, and sprinkle with Granulated Wheat-Shred, lay in one slice of halibut, butter with the melted butter, sprinkle with Granulated Wheat-Shred, place the other slice on top, and treat in same manner. Place in hot oven and bake 20 minutes; remove to warm platter and turn the rarebit mixture over it, garnish with parsley and serve hot.

239 Lobster Chops, a la Shredded Wheat Biscuit. Two and one-half cups finely minced lobster meat, $\frac{1}{4}$ cup Granulated Wheat-Shred, $\frac{1}{4}$ teaspoon white pepper, $\frac{1}{2}$ teaspoon salt, 1 cup milk, 2 tablespoons butter, 2 tablespoons Entire Wheat Flour, $\frac{1}{2}$ teaspoon salt, $\frac{1}{8}$ teaspoon paprica, $\frac{1}{2}$ teaspoon onion juice, 1 egg, 1 tablespoon water, 1 cup Granulated Wheat-Shred for crumbing, macaroni. Mix the lobster meat, $\frac{1}{4}$ cup Granulated

Wheat-Shred, white pepper and salt together, and bind with a white sauce made from milk, butter, flour, salt, paprica, and onion juice, mix thoroughly and set away until cold. Form into chops. Coat with the egg which has been beaten with the tablespoon of water, cover with the Granulated Wheat-Shred. Stick a piece of macaroni in small end for chop bone and fry in deep fat.

240 Beefsteak with Oyster Blanket, a la Shredded Wheat. One and one-half lbs. rump steak cut $1\frac{1}{2}$ inches thick, $1\frac{1}{2}$ pints oysters, $\frac{1}{2}$ cup Granulated Wheat-Shred, 3 tablespoons butter, $\frac{1}{4}$ cup of boiling water, $\frac{1}{8}$ teaspoon white pepper, $\frac{1}{4}$ teaspoon salt. Cut a pocket in the steak, which fill with a dressing made of the $\frac{1}{2}$ cup Granulated Wheat-Shred, $\frac{1}{2}$ pint of oysters, boiling water, salt, pepper, and the liquor from the oysters, and 2 tablespoons of the butter. Sew together and broil slowly for fifteen minutes, turning often, then butter the top and lay the pint of oysters over the top; salt and pepper lightly and set under the broiler until the edges begin to curl.

241 Boiled Fowl. Singe, draw and wash the fowl, wipe and truss and tie in a cloth. This will assist in removing the fowl from the kettle, and also prevent the skin from breaking in the cooking. Put into boiling salted water and simmer until tender. Reduce the stock to $1\frac{1}{2}$ cups and use for mushroom sauce made as follows: 1 can mushrooms cut into halves, 4 tablespoons butter, 4 tablespoons Entire Wheat Flour, $\frac{1}{2}$ tablespoon onion juice, 1 teaspoon lemon juice, $\frac{1}{4}$ teaspoon salt, $\frac{1}{8}$ teaspoon white pepper, $\frac{1}{2}$ cup cream. Melt the butter, add onion, then flour and seasoning sifted together. When it is blended add the stock a little at a time; cook until thick and smooth, then add mushrooms; cook for 5 minutes and add cream. Heat and serve turned around the chicken.

242 Roast Goose, a la Shredded Wheat. One young goose, 2 cups Granulated Wheat-Shred, 1 medium onion, 2 medium apples, $\frac{1}{2}$ tablespoon sage, 1 tablespoon salt, $\frac{1}{2}$ tablespoon white pepper, 3 tablespoons butter, melted, 1 cup of boiling water, 1 quart boiling water, 4 tablespoons butter. Singe the goose and before you draw it, scrub thoroughly with warm water and soap. Wipe and draw (that is remove the contents of the inside), then rinse the inside with cold water to which has been added $\frac{1}{2}$ teaspoon soda; then lay it in cold water for half an hour while you prepare the stuffing by mixing the dry ingredients together, add the apple and onion which have been chopped together, then the melted butter and the cup boiling water and mix well. Then wipe the goose inside and out, stuff lightly with prepared stuffing, sew and truss, fill the loose skin of the neck lightly to make the breast plump, tie the end and fold back and fasten at the back of the goose. Rub all over with butter, dredge with Entire Wheat Flour and Granulated Wheat-Shred. Place on a rack in pan, breast down, cover and put in the oven for half an hour. Remove from the oven, turn off the fat from the pan, dredge with Entire Wheat Flour and Granulated Wheat-Shred, return to the oven without cover. Let it cook until the flour begins to brown, then baste with the boiling water in which has been melted the four tablespoons of butter. Baste every fifteen minutes and when the water and butter is exhausted use that in the pan. At the end of an hour turn the goose over, breast up, and allow $1\frac{1}{4}$ hours longer roasting, basting often. Cook the giblets, mince fine and add with the water in which they were cooked to the pan after removing the goose and rack, thicken with Entire Wheat Flour shaken from a flour dredger.

243 Curry of Lamb on Shredded Wheat Biscuit Toast. Pint of stock, 2 tablespoons butter, 2 tablespoons Entire Wheat Flour, 2 tablespoons finely minced onion, 1 teaspoon curry powder, $\frac{1}{2}$ teaspoon salt, $\frac{1}{8}$ teaspoon white pepper, $1\frac{1}{2}$ lbs. cold cooked lamb, cut into strips, 5 Shredded Wheat Biscuit. Melt the butter in a sauce-pan, add onion and cook slowly until a golden brown, then add curry powder, flour, salt, and pepper sifted together. When blended, add the stock a little at a time stirring until it thickens, then add the lamb and simmer until tender. Split and toast the Biscuit. Send to table with the curry to be prepared there.

244 Mutton Duck. (Mrs. Lincoln.) Select a fore-quarter of mutton with the whole length of the leg bone left on. Ask the butcher to cut off what is called a raised shoulder, that is raised from the back bone and ribs, cutting it far up on the shoulder to take in the whole of the shoulder blade, bone and gristle. You may cut it yourself by removing the neck, the back bones, the ribs, and breast bones, leaving the shoulder blade in the upper part. Then scrape the flesh from the shoulder blade, and separate the blade at the joint. Lay it aside for further use. Remove the meat from the leg bone, turning the meat over, as you would turn a glove over your hand. Be careful not to cut through the thin skin at the end of the leg. When within three inches of the lower joint, saw the bones off, and saw or trim the bone below the joint into the shape of a duck's bill. Bend the joint without breaking the skin. Wipe the meat and rub inside with salt. Make a moist stuffing and put it in between the layers of meat. With a coarse needle threaded with twine, gather the edges of the meat, draw them together, fill the cavity with stuffing, and shape the meat into a long oval form like the body of a duck.

Bend the leg at the lower joint to represent the duck's head and neck and keep it in place with skewers. Run one skewer through the side at the top of the body, and put one into the body on each side of the neck. Wind a string around the bill and fasten it to the skewers. Scrape the shoulder blade clean, trim the bony end into a sharp point, and notch the gristle at the opposite end. Insert this in the body to represent the tail, and fasten with twine. Put the bones and scraps of meat in water in a steamer or kettle. Place the duck on a plate, and steam it over the bones one hour to make it tender. Dredge with salt, pepper, and flour, and bake one hour, or until brown; use the water in the kettle for basting if needed, or for a gravy. Tie paper over the head and tail to prevent burning. This may be made of lamb, and if tender will require no steaming. Garnish with parsley and Scotch eggs or with any kind of force meat balls, crumbed and fried or with egg-shaped potato croquettes. This mock duck is an attractive way of serving what is usually considered an inferior piece of meat, and solves the vexing problem, "how to carve a fore-quarter of mutton." The bones may be entirely removed, and the meat stuffed and sewed in an oval shape, then steamed and browned, this will prove just as palatable to those who do not crave something new. In serving, cut it across in medium slices.

245 Cheese Omelet. Prepare the omelet as in recipe No. 27, omitting the crumbs. When taken from the oven before folding, sprinkle 3 tablespoons of grated cheese on the top. Fold and serve with Shredded Wheat Biscuit Toast.

246 Fancy Omelet. White Sauce. Prepare omelet as directed in Recipe No. 27, and serve in place of tomato

sauce a white sauce made as follows: 2 tablespoons butter, 2 tablespoons Entire Wheat Flour, $\frac{1}{2}$ teaspoon salt, $\frac{1}{8}$ teaspoon paprica, $\frac{1}{4}$ teaspoon onion juice, 1 cup milk. Melt the butter in a sauce-pan, add the onion juice, flour, and seasoning. When they are blended, add the milk a little at a time, stirring slowly until thick and smooth, turn around the omelet and garnish with parsley. Make the sauce before beginning the omelet.

247 Sauted Sweetbreads. Two sweetbreads, $\frac{1}{2}$ cup Granulated Wheat-Shred, salt and white pepper, 4 tablespoons butter. Place the sweetbreads in cold water, allow to stand one hour, then drain and put into boiling water to which has been added $\frac{1}{4}$ teaspoon salt, and 2 teaspoons lemon juice or vinegar. Cook slowly for 20 minutes, then place immediately in cold water that they may be firm and white. Always prepare and parboil sweetbreads in this manner for any dish to be made of them. When ready to use, cut into pieces for serving, dip in the egg that has been beaten light, then in the Granulated Wheat-Shred. Melt the butter in the blazer, and when hot, add the prepared sweetbreads, cook a golden brown on both sides, serve at once.

248 Roast Turkey. Stuffed with Shredded Wheat Biscuit Stuffing. One 7-lb. turkey. Singe, clean and wipe the turkey. Make stuffing from eight Shredded Wheat Biscuit rolled and sifted or 2 cups Granulated Wheat-Shred, 2 teaspoons herb dressing, 1 tablespoon minced parsley, 2 level teaspoons salt, $\frac{1}{8}$ cup butter, $\frac{1}{2}$ cup boiling water. Mix the dry ingredients and parsley, melt the butter, add boiling water, then add to the dry ingredients stirring it in well. Fill the inside and crop of the turkey lightly and skewer securely. Butter well and

dredge with Entire Wheat Flour. Place in pan breast down, and cook until the flour in the pan and on the back are a nice brown, then baste with butter and hot water that have been prepared by melting 4 tablespoons of butter in one quart of water. Baste every fifteen minutes and at the end of an hour, turn the turkey over, breast up, and cook $1\frac{3}{4}$ hours longer, basting often. The oftener the turkey is basted, the more tender and juicy it will be when finished. Keep the oven hot, as much of the heat is lost every time the door is opened. Boil the giblets until tender, mince fine and when the turkey is removed from the pan, add the minced giblets and the water in which they were cooked to water in the pan and thicken with Entire Wheat Flour, shaken from a dredger. The $\frac{1}{2}$ pint of crumbs may be omitted and 1 pint of oysters added if desired. A little alcohol burned in a saucer is best to singe with as it gives off no smoke.

249 Shredded Wheat Biscuit Jellied Apple Sandwich. Four large apples, $\frac{1}{2}$ cup water, $\frac{1}{2}$ cup sugar, 2 Shredded Wheat Biscuit, 1 package Raspberry Bromangelon, 1 pint boiling water. Pare, core and quarter the apples, put in sauce pan with the $\frac{1}{2}$ cup water and cook covered until tender, then add the sugar and set in a cool place until cold. Turn the boiling water on to the Bromangelon and stir until dissolved. Split the Biscuit lengthwise into halves, remove some of the inside shreds, put a layer of the stewed apples between the halves. Into a narrow pan long enough to take the Biscuits placed end to end, turn the dissolved Bromangelon to the depth of $\frac{1}{4}$ inch and set in ice water to harden. When it is hard, place the Biscuit top side down in the pan and turn around them the remainder of the dissolved Bromangelon and set away to harden. Serve with thin cream. If Bromangelon is not to be

had, the sandwich may be prepared in the following manner. Soak $\frac{1}{2}$ box of Plymouth Rock Gelatine (Pink) in $\frac{1}{2}$ cup cold water $\frac{1}{2}$ hour. Cook the parings and cores of the apples in $1\frac{1}{2}$ pints of water for 20 minutes, then strain the boiling water from them on to the gelatine, stir until dissolved and add $\frac{2}{3}$ cup sugar. When the sugar is dissolved, strain and proceed as directed in recipe above. Any of the pure gelatines may be used. In their season, strawberries, crushed or cut in halves may be used as a substitute for stewed apples. Raspberries or other berries may also be used without cutting or crushing.

250 Shredded Wheat Brown Bread Cheese Sandwiches. Cut thin slices of cold Shredded Wheat Biscuit Brown Bread, spread thickly with cream cheese, place two slices together and cut so as to form triangles. Serve with soup or salad course.

251 Fig Sandwich. One-half lb. pulled figs, $\frac{1}{4}$ cup sugar, $\frac{1}{2}$ lemon, 6 Shredded Wheat Biscuit, 1 cup cold water. Wash the figs and put in double boiler with the sugar, lemon cut in slices and cold water, steam until tender, then remove the lemon, strain the syrup, chop the figs into small pieces and add to the strained syrup, split the Biscuit, dip the inside of the halves in cold water quickly and lightly, place halves together and heat in oven, separate halves, place $\frac{1}{2}$ inch layer of figs on the bottom half, put top half on, press together and let them get thoroughly cold.

252 Orange Sauce for Banana Croquettes. Strain the syrup left after the bananas have been removed, put to heat in sauce pan, and when it has reached the boiling point add 2 tablespoons corn starch wet with a little cold water. Cook until thick and clear, remove from fire and add $\frac{1}{2}$ teaspoon orange extract.

253 Puree of Spinach. One-half peck spinach, 4 table-spoons butter, 1 teaspoon salt, $\frac{1}{4}$ teaspoon white pepper, 5 Shredded Wheat Biscuit. Pick over and wash the spinach until free from grit, add $\frac{1}{2}$ cup of water and cook slowly until tender. Drain and chop very fine. Melt the butter in sauce pan, add pepper and salt, then the chopped spinach and heat while you prepare the Biscuit by cutting with a sharp pointed knife an oblong section from the top of the Biscuit one-quarter inch from sides and ends. Remove the top and all inside shreds, forming a basket. Toast a light brown in the oven, fill with the prepared spinach and serve with the following sauce: 4 table-spoons butter, 3 tablespoons Entire Wheat Flour, 2 cups boiling water, 2 bouillon capsules, 2 tablespoons vinegar. Dissolve the capsules in the boiling water. Melt the butter in a sauce pan, taking care it does not burn. When bubbling add the flour. When thoroughly blended, add the water in which the capsules are dissolved, adding it a little at a time. When thickened and smooth, add the vinegar and send to the table in gravy boat to be added to spinach there.

254 Fried Tomatoes. Four large tomatoes, 6 Shredded Wheat Biscuit, 3 tablespoons butter, 1 teaspoon salt, $\frac{1}{4}$ teaspoon white pepper, 1 tablespoon scraped onion, 1 tablespoon granulated sugar. Cut the tomatoes into four slices without peeling and cover with Entire Wheat Flour. Melt the butter in an omelet pan, add salt, pepper, and scraped onion, place the tomato slices in the pan and cook 2 minutes, turn and cook 1 minute, sprinkle with sugar and serve on the Biscuit which have been split and toasted a light brown.

255 Fish Sandwiches. One can salmon, yolks 6 hard-boiled eggs, $\frac{1}{2}$ teaspoon salt, $\frac{1}{4}$ teaspoon paprika, 2 tablespoons lemon juice, 2 tablespoons chopped parsley, boiled salad dressing

(Recipe No. 202), 15 Shredded Wheat Biscuit. Drain oil from salmon, remove skin and bones and mash fine with a silver fork. Put the yolks of the eggs through a potato ricer, add to the fish with the salt and paprica, lemon juice and parsley. Mix thoroughly and add $\frac{1}{2}$ cup of the boiled dressing to make a smooth, soft mixture. Split the Biscuit, remove some of the inside shreds, heat thoroughly in the oven and with a knife first dipped in hot water, lay thin slices of good butter on the inside of the halves. Then put $\frac{1}{4}$ inch layer of the prepared fish on the bottom half; put the top half on, press lightly together, smooth ends and sides. Wrap in tissue paper if for a picnic.

256 Tomato and Cucumber Sandwiches. Twelve Shredded Wheat Biscuit, 4 medium sized tomatoes, 2 cucumbers, French Dressing, No. 2. (Recipe No. 204.) Remove skin from tomatoes and cucumbers, cut into dice, mix together and turn over them the French dressing, stirring it in well. Set in a cool place until thoroughly cold. Split the biscuit, remove some of the inside shreds, heat thoroughly in the oven and with a knife first dipped in hot water, lay thin slices of good butter on the inside of the halves. Put a layer of the prepared tomato and cucumber on the bottom half, place the top half on, press lightly together, smooth on ends and sides, and, if these sandwiches are to be taken to a picnic, wrap in tissue paper.

257 Nut Sandwiches. Two quarts peanuts, 1 tablespoon Worcestershire sauce, $\frac{1}{2}$ cup Salad Dressing (Recipe No. 143), 12 Shredded Wheat Biscuit, $\frac{1}{2}$ cup olive oil. Shell and remove skins from peanuts. Put the olive oil on to heat. When hot, cook the nuts, a quarter at a time, until a golden brown. Remove from oil, drain on brown paper. Proceed in this manner until all the nuts are browned. Pound to a paste,

add Worcestershire sauce and salad dressing, mix thoroughly. Split the Biscuit, remove some of the inside shreds heat thoroughly in the oven and with a knife first dipped in hot water, lay thin slices of good butter on the inside of the halves. Then put layer of prepared nuts on the lower half of Biscuit, put top half on, press lightly together, smooth sides and ends, and wrap in tissue paper. Other nuts may be used in place of the peanuts. If almonds or English walnuts are used blanch and dry them before cooking in the oil.

258 Olive Sandwiches. Split and toast the Biscuit, spread the halves with Neufchatel cheese, sprinkle thickly with minced olives. Press lightly together and wrap in tissue paper.

259 Piquant Sandwiches. Six hard-boiled eggs, 12 sweet cucumber pickles (the Gherkin), $\frac{1}{4}$ teaspoon salt, 1-16 teaspoon white pepper, 3 tablespoons melted butter, 8 Shredded Wheat Biscuit. Put the eggs through a potato ricer, mince the pickles very fine and add to the eggs, with the salt and pepper and melted butter. Mix well. Split the Biscuit, remove some of the inside shreds, heat thoroughly in the oven, and with a knife first dipped in hot water lay thin slices of good butter on the inside of the halves. Spread with the egg filling, press halves lightly together, smooth on sides and ends, and wrap in tissue paper.

260 Ginger Sandwiches. One-fourth lb. preserved ginger, 1 head lettuce, 8 Shredded Wheat Biscuit. Wash and crisp the lettuce, using the inside light green leaves, and slice the ginger into thin strips. Split the Biscuit, remove some of the inside shreds, heat thoroughly in the oven and with a knife first dipped in hot water lay thin slices of good butter on the

inside of the halves. Lay a lettuce leaf on the bottom half of the Biscuit, then cover with strips of ginger; put another lettuce leaf over the ginger, place the top half on, press lightly together and wrap in tissue paper.

261 French Fruit Sandwiches. One-fourth lb. candied cherries, $\frac{1}{4}$ lb. seeded raisins, $\frac{1}{4}$ lb. dates, $\frac{1}{4}$ lb. grated cocoanut, juice of $\frac{1}{2}$ orange, $\frac{1}{4}$ cup of grape juice, 10 Shredded Wheat Biscuit. Chop the cherries, raisins and dates quite fine, add the cocoanut, orange juice and grape juice, mix well. Split the Biscuit, remove some of the inside shreds, heat thoroughly in the oven and with a knife first dipped in hot water, lay thin slices of good butter on the inside of the halves. Put a layer of the prepared fruit on the lower half, place the top on, press lightly together, smooth ends and sides, and wrap in tissue paper.

262 Raisin and Nut Sandwiches. $\frac{1}{2}$ lb. layer raisins, $\frac{1}{2}$ lb. English walnuts, 8 Shredded Wheat Biscuit, $\frac{1}{3}$ cup grape juice. Seed and chop the raisins. Crack nuts, remove meat and chop fine, mix with the chopped raisins. Moisten with the grape juice until it is of consistency to spread. Split the Biscuit, remove some of the inside shreds, heat thoroughly in the oven and with a knife first dipped in hot water lay thin slices of good butter on the inside of the halves. Spread a layer of the raisins and nuts on bottom half, put top half on, press lightly together, smooth sides and ends and wrap in tissue paper.

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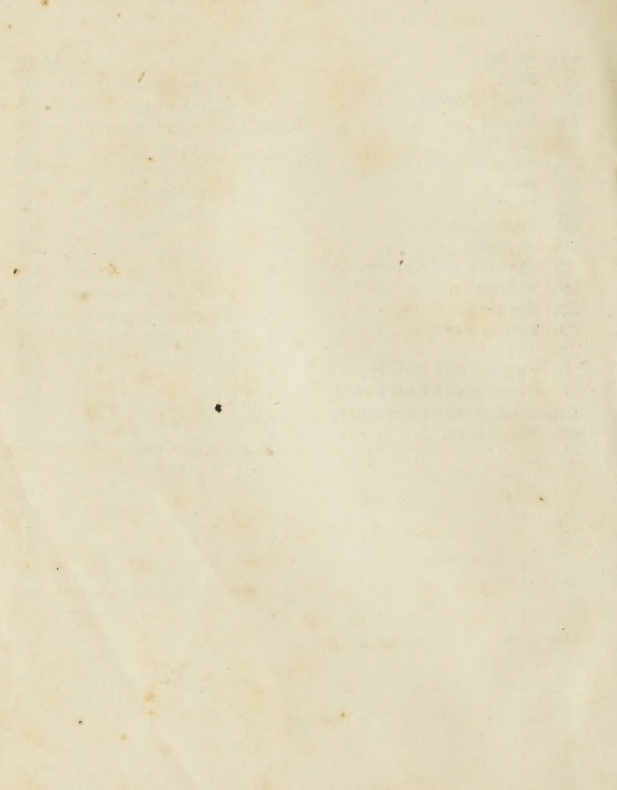
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